



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEART HEALTH: MAKE EVERY BEAT COUNT



Wellness Wednesday

February 22, 2017 10:30 – 11:00am

NSYMCA Lobby – FREE

February is American Heart Month. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The Good News?

Heart disease can be prevented by making healthy choices and managing your health conditions.

Come and learn about strategies for preventing heart disease through exercise and diet, and

"Make Every Beat Count!"

A part of the NSYMCA WELLNESS WEDNESDAY EDUCATION SERIES

For more information contact:

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