

A M E R I C A N

HEART

M O N T H

February is designated as **American Heart Month** to advocate cardiovascular health and raise awareness about heart disease.

Where: ARC - Activity & Recreation Center
1701 W Ash Street

When: Monday, February 7 - Friday, February 18

All community members welcome

(Tours of the ARC are available upon request.)

- Free blood pressure screenings and education provided by Community Health registered nurses **8:30 - 10:30 AM** (Monday - Friday)
- Giveaways, raffle drawing and education daily

