

Is Proud To Announce The Following  
Community Special Event

***Eighth Annual***

# Healthy Heart Day!



**FRIDAY, FEBRUARY 12, 2010**

**9 A.M. – 1 P.M.**

**FREE EVENT!**

**HEALTHLINK LITTAUER**  
213 Harrison St. Ext. ~ New YMCA Lobby

**WITH REPRESENTATIVES FROM:**

- Littauer's Cardio-Pulmonary Services,  
Lifeline & Nutritional Services
  - Cancer Services Program
  - Child & Family Health Plus
- Cornell Cooperative Extension
- Fulton County Public Health
- NYS Prescription Saver/EPIC
  - Project Action • YMCA

***HEART DISEASE IS STILL  
THE #1 KILLER IN THIS COUNTRY!***

- ♥ *HAVE YOUR BLOOD PRESSURE CHECKED*
- ♥ *GET A BODY FAT ANALYSIS*
- ♥ *LEARN YOUR BODY MASS INDEX*
- ♥ *TALK WITH HEALTH, NUTRITION AND  
EXERCISE PROFESSIONALS ABOUT MAKING  
HEART HEALTHY LIFESTYLE CHANGES*

**No Appointment Necessary ~ Open To The Public**

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