



American Heart Association  
National Wear Red Day

# *Wear Red Day*

**Friday, February 5, 2016**

Join the Let's Get Healthy Program at the  
Diabetes Center for Excellence to  
celebrate **Wear Red Day** and bring  
awareness to women's heart health.

---

**9:00-9:45:** Club Circuit Fitness Class

**10:00-11:00:** Theresa Gardner, FNP, Heart Health Q & A

**11:15-12:00:** Guided Relaxation

**12:00-12:45:** Fitness Class

Heart Health BINGO

**1:00-2:00:** Cooking Presentation with lunch served

---

*Heart healthy screenings, snacks & prizes  
throughout the day! Join us for one or more  
sessions. Please bring clean, dry sneakers  
and wear comfortable clothes.*

**For more information,  
please call 518.358.9667**

