

American Heart Association
National Wear Red Day®

Wear Red Day

Friday, February 6, 2015

Each year, one in three women die of heart disease and stroke but we can change that!

Eighty percent of cardiac events can be prevented with education and lifestyle changes.

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

9:45-10:30: Nutritious Breakfast Bar

9:50-10:20: Guided Relaxation Session

10:30-11:30: Heart Healthy by Dr. Banu, SRMHS Internist

11:30-12:30: Lunch and Make Your Own Salt-Free Spices

12:45-1:30: Fitness Class

Heart healthy screenings and prizes throughout the day!

Please bring clean, dry sneakers and wear comfortable clothes.

For more information, please call 518-358-9667

