

Celebrate your *Heart*



Thursday, February 15, 2024 • 5 – 6:30 p.m.
YMCA of Northwest Illinois, 2998 W. Pearl City Road, Freeport

Celebrate Your Heart during American Heart Month with FHN and the Family YMCA of Northwest Illinois!

FHN and the Family YMCA of Northwest Illinois are teaming up during heart health month to bring you free heart health and wellness tips, heart health information, heart healthy snacks, exercise and more!

- Live Exercise Demos by a YMCA Instructor
If you'd like to participate, please bring athletic attire and tennis shoes
- Informative Sessions with FHN Heart Care Professionals
- Heart-Healthy Snack Station
- Free Blood Pressure Screenings

For more information, visit www.fhn.org.

FHN GET FIT PARTICIPANTS

Visit the FHN booth to earn 5 Get Fit points for attending this event.

