



- HEALTHY EATING
- ACTIVE LIVING
- REDUCE STRESS
- TEST YOUR NUMBERS

What is the H.E.A.R.T. program?

It is a **FREE** 6-week program where community health workers communicate with clients to check their blood pressure, weight, body mass index and provide information about: Healthy numbers, low sodium diets, moving more, eating healthier, getting proper rest, etc.

Raffle items | FREE giveaways | FREE classes
Transportation available!

FREE CLASSES INCLUDE:

▶ GET MOVING

▶ BUILD STRONG BONES

▶ PLAN, SHOP, SAVE

▶ GO LEAN WITH PROTEIN

and more!



Tuesdays at 10:30 am

Edgewater Health
1100 W. 6th Ave, Gary IN, 46402

For registration or transportation, call

Sandra Campos, Community Outreach Coordinator
219.885.4264 ext. 2808