

Did you know that heart disease is the number one killer of women in the United States? Learn how to prevent heart disease at every age...

Healthy Lifestyles for a Healthy Heart

Mother/Daughter Health Workshop

Presentation by Anne Marie Crown, Director, Special Cardiac Programs, Lehigh Valley Health Network

**Raffle and prizes!
Free massages!
Blood pressure readings!
Refreshments provided!**

**Valentines crafts!
Free heart-healthy
food to take home!**



**Wednesday, February 10, 2010
6pm at Donegan Elementary School Cafeteria
1210 East 4th Street, Bethlehem, PA 18015**

Sponsored by the YWCA of Bethlehem and Lehigh University's American Medical Women's Association

For more information and directions to the event, please call the YWCA at 610-867-4669.

**eliminating racism
empowering women
ywca
bethlehem**

Para información en español llame Rosa Carides-Hof 610-866-0031 Ext. 05816