



TAKE HEART

Information on High Blood Pressure and Heart Disease

Western Connecticut Health Network Speaker:

Cheryl Anderson, EdD., APRN, Cardiology, Western Connecticut Medical Group

Location: Greenknoll Branch of Regional YMCA of Western Connecticut at
2 Huckleberry Hill Road, Brookfield CT 06804

Date: Tuesday, February 14, 2017 1:30pm - 2:30pm

To Register: Contact Debbie Nichols at 203.775.4444 x136

Free: Blood Pressure Screening by the Bethel Visiting Nurses, YMCA Water-bottle and healthy snack will be served.

Free!!! OPEN to the Public

Begin taking control of your blood pressure today; create your personal account at www.heart.org/cc. Register using Campaign Code: RYMCA



Check.
Change.
Control.®

