



TAKE BACK YOUR MINUTE!

Every minute, a woman dies of heart disease in the United States.

DATE: Saturday, September 15, 2012

TIME: Registration 7:00 – 7:30 a.m., event till 12:30 p.m.

PLACE: Brooklyn Middle School • 119 Gorman Street • Brooklyn
Snacks and beverages will be provided throughout the event

Wear comfortable clothes so you are prepared for:

SCHOOL TIME

- Health conditions
- Medications
- Oral health
- Chiropractor heart tips

PLAY TIME

- Biking
- Pilates
- Exercises to do in 10 minutes
- Home exercise equipment demos

ME TIME

- Hair consultation
- Make-up consultation
- Massages

FUN TIME

- Coach's Corner
- Door prizes
- Song & dance rehearsal

Presented by Generations Family Health Center, a proud member of HealthQuest Northeast CT, a regional health and wellness collaborative working to make northeastern Connecticut a healthier place to live, work, learn and play!

GENERATIONS
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Follow the Fifty
MODELS OF HEART HEALTH