



**World  
Heart Day**

AT THE HEART OF HEALTH

**Friday Sept 29, 2017**

**Haywood Team + Volunteers: Join us at  
our World Heart Day educational booths  
in the Haywood Cafe & Fitness Center  
Landing:**

**Featuring:** Hands only CPR, Healthy Diet, Smoking Cessation, Exercise for Heart Health

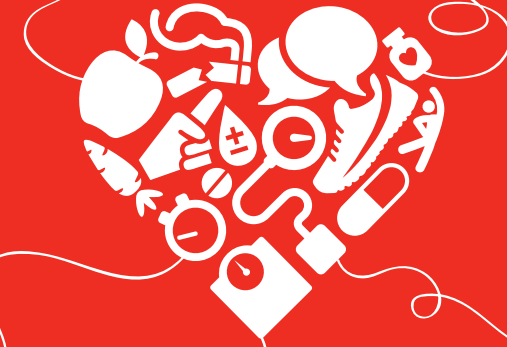
**Blood Pressure Screenings at Fitness Center: Noon - 1 PM**

**Displays - ALL DAY**

**Educators at Cafe Display: 7:30 AM - 1 PM**

**Educators at Fitness Center Landing: Noon - 1 PM**

**share the  
power**



**fuel**   
**your heart**

Eating and drinking  
well gives your heart  
the fuel it needs for  
you to live your life

**move**   
**your heart**

Staying active can  
help you reduce your  
risk of heart disease  
and feel great

**love**   
**your heart**

Stopping smoking is  
the single best thing  
you can do to improve  
your heart health

**Wear RED on Friday  
29 September 2017**