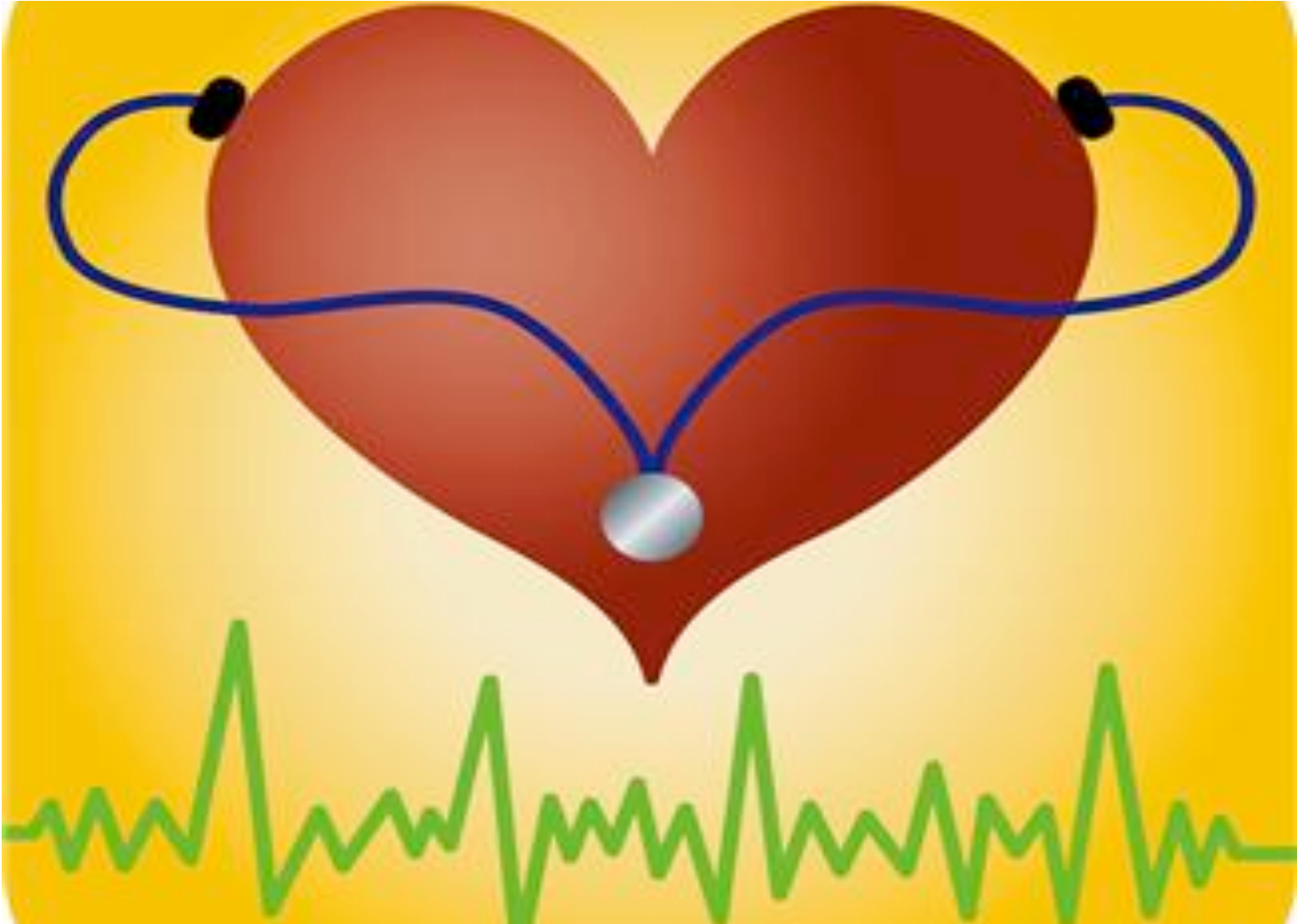


# Give Your Heart a Healthy Beat

Sept. 6 - Dec 13, 2012  
5:15pm - 6:15pm



This is an interactive behavior change program that focuses on ways to help lower risk of cardiovascular disease (CVD) by incorporating a nutrition education program with physical activity. During the 14-week program participants will engage in physical activity, taste testing of healthy recipes and much more. Those that complete 12 out of the 14 weeks will receive a 1-year paid membership to the Gates County Fitness Center. Must register to attend.

**Where:** Gates County Community Center - Room C

Contact Gates County Community Center to register at 252-357-0677.

**Registration Deadline: August 31, 2012 at 5pm**  
(Space is limited to the first 20 participants registered.)