

SAVE THE DATE!

Women at Heart

Heart Health
Forum and Exhibition

SEPTEMBER 25, 2010
8:30 A.M. – 12:30 P.M.

Columbia Metropolitan Convention Center

JOIN US FOR:

- ♥ Ask the Doctor Sessions
- ♥ Free Health Screenings
- ♥ Fitness Demonstrations
- ♥ Cooking Demonstrations
- ♥ And much more!



Registration information will be available soon. For exhibitor information, call 803.256.5025

WOMEN AT HEART CAN CHANGE YOUR LIFE.

“I learned my cholesterol was high after participating in the free Women at Heart screenings. I visited my doctor and worked with him to get it back down to a normal range.” - **Tonya**

“I eat fewer sweets and exercise more as a result of attending Women at Heart.” - **Ruth Ann**

“Women at Heart inspired me to start exercising again. I had stopped, but Women at Heart demonstrated simple ways to incorporate exercise into my life again.” - **Peggy**

“I am exercising more and eating better as a result of attending Women at Heart. I loved the cooking demos and learning how to make healthier food choices.” - **Michele**