



ANTELOPE VALLEY
HOSPITAL

A facility of Antelope Valley Healthcare District

4th Annual Women's Heart Affair

#GoRedGetFit

SATURDAY

February 24, 2018

9 a.m. - noon

Antelope Valley Hospital
Community Resource Center
44151 15th Street West, Lancaster

Throw on some comfy clothes (**with a splash of red, of course**) and join us for a morning of fun, fitness, food and life-saving information about heart disease – the #1 killer of women.

Prominent physicians will share:

- ♥ Stress-busting secrets for health and longevity
- ♥ How to love your heart and the body it's in
- ♥ Easily missed signs of heart disease in women



FREE

- ♥ Screenings for blood pressure and cholesterol (*no fasting required*)
- ♥ Continental breakfast
- ♥ Stand-up yoga by The Yoga Roots
- ♥ Chair massage by J Salon Studios & Spa
- ♥ Hairstyling by Michael Anthony Salon
- ♥ Hands-only CPR by AMR
- ♥ Medication review by pharmacists (*Bring your medications and vitamins.*)
- ♥ Free prize drawings
- ♥ Goody bags for all attendees



American Heart
Association 
Learn and Live

