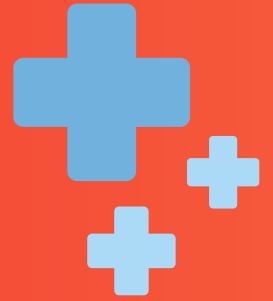


# WOMEN'S HEART FAIR



**Rock Your Red and Let's Unite for Heart Health!**

Gather your friends and family to uncover valuable tips for maintaining a heart-healthy lifestyle, while learning the signs & risks of heart disease. Join us as we empower you with knowledge that can make a significant difference in your well-being.

**Saturday, February 3, 2024**

**9:00am - 12:00pm**

**AVMC Community Resource Center  
(next to City of Hope)  
44151 15th Street West,  
Lancaster, CA 93534**

**Free blood  
pressure machines  
& swag bags\***

## The event will offer:

- An all-female medical professional's panel discussion and Q&A about heart health
- Hands-only CPR demonstrations
- Healthy food preparation demos
- Stretch and relaxation session
- Brunch will be served
- Prize drawings and much more!
- FREE non-fasting cholesterol checks
- FREE blood pressure checks
- FREE BMI checks
- FREE home medication check with a pharmacist
- FREE giveaway bags\*

**Reserve Your Spot  
Today!**



Scan the QR code or visit:

<https://Rock.Your.Red.eventbrite.com>

\*while supplies last

In partnership with:

