

Get Smart for Life!

Are you interested in improving your health? Sign up **today** for

Heart Smart for Life at the...



Secure your spot today and you'll receive...

- **Up to \$50 in Tops Gift Cards**
- **Pedometer**
- **Exercise Journal**
- **Water bottle**
- **Program finisher are eligible for prizes like electronics, gift cards, fitness trackers, etc.**
- **Top finisher will be eligible for a Grand Prize each session!**



Plus... One-on-one nutrition education, free health screenings, fun exercise classes, tips on coping with stress, and much more!

Call 716-923-6152 to reserve your spot! Spots are limited,
so call today to get Heart Smart for Life!

This program proudly supported by:

AstraZeneca HealthCare Foundation
**Connections for
Cardiovascular HealthSM**

 Catholic Health
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