



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE COMMUNITY EVENT

How to Prevent a Heart Attack

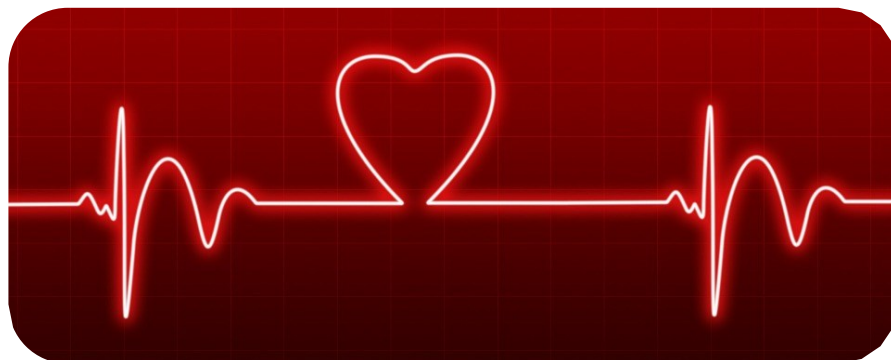
Join us for our Healthy Habits
Heart Health Seminar

Presented by Dr. Shiv Harsh

Dr. Harsh practiced Cardiology in Asheboro for more than 20 years & will outline the basic principles of prevention of heart disease & share heart healthy foods.

**Almost a million people die of heart disease in the US every year.
Don't be a statistic!**

**Thursday, Feb 15 (1pm & 6pm)
Community Room**



RANDOLPH-ASHEBORO YMCA

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Community Partner