

# Love your Heart

Thursday,  
February 28, 2013  
5:30 p.m.  
Rockcastle Regional  
Wellness Center

Presented by



ROCKCASTLE  
REGIONAL  
HOSPITAL & RESPIRATORY CARE CENTER

## Women's Heart Health and Fitness Expo

**A** night for mothers and daughters,  
grandmothers and granddaughters  
and ALL women in the community  
to come out for a fun night of fitness to  
raise awareness about heart health. We  
want to share the importance of heart  
health...at any age!

Join us for this FREE event...

- Fitness classes (schedule coming soon)  
(wear red workout clothes if you wish)
- Heart health education
- Giveaways and door prizes
- Heart healthy food samples

Please sign up by February 22. Contact Arielle Estes  
at (606) 256-7880 or [a.estes@rhrcc.org](mailto:a.estes@rhrcc.org)