



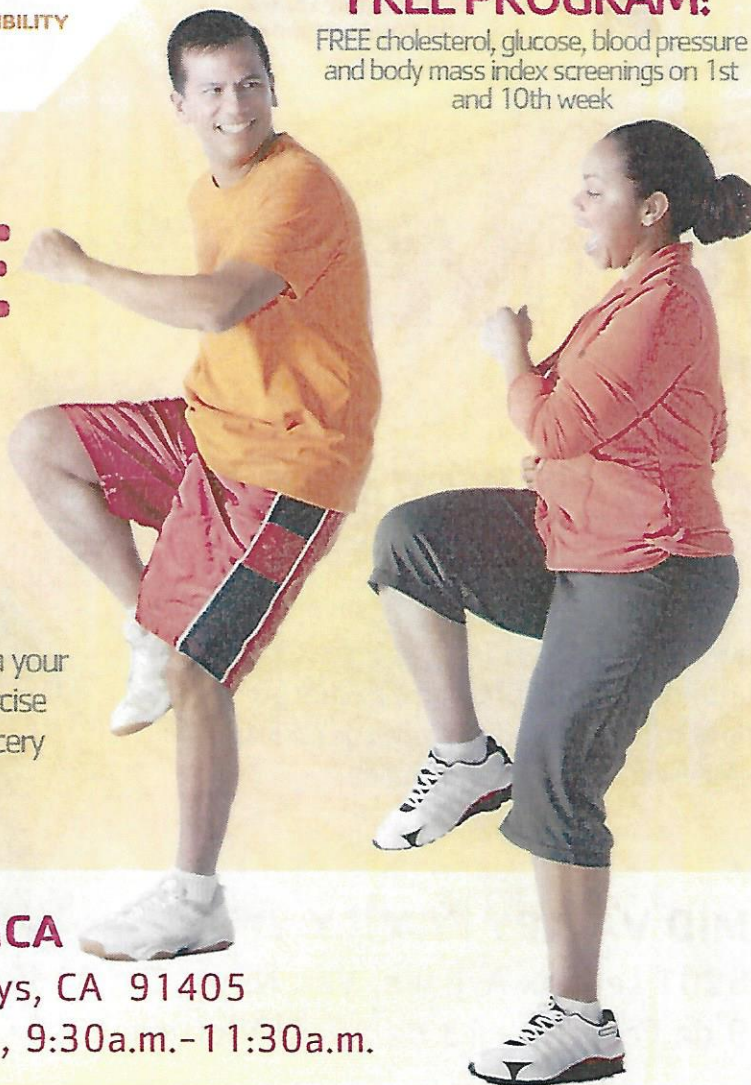
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE PROGRAM!

FREE cholesterol, glucose, blood pressure
and body mass index screenings on 1st
and 10th week

ACTIVATE YOUR HEART

A 10-week complimentary community
program that consists of helping you reach your
healthy lifestyle goals with 60-minute exercise
classes, 2 food demonstrations, and a grocery
store tour.



MID VALLEY FAMILY YMCA

6901 Lennox Avenue, Van Nuys, CA 91405

February 9 - April 13 | Fridays, 9:30a.m. - 11:30a.m.

Register Now! | *Last Day to Register is February 16th.

Email Laura Renteria at laurarenteria@ymcaLA.org or call (818) 989-3800

- 60 minutes of exercise activity
- 40 minutes education on cardiovascular health
- 20 minutes of stress management
- FREE 3-Month Membership for the YMCA (upon program completion)
- FREE Child Care

Funding for this program
provided by

AstraZeneca HealthCare Foundation
**Connections for
Cardiovascular HealthSM**



Dignity Health.
Northridge Hospital
Medical Center



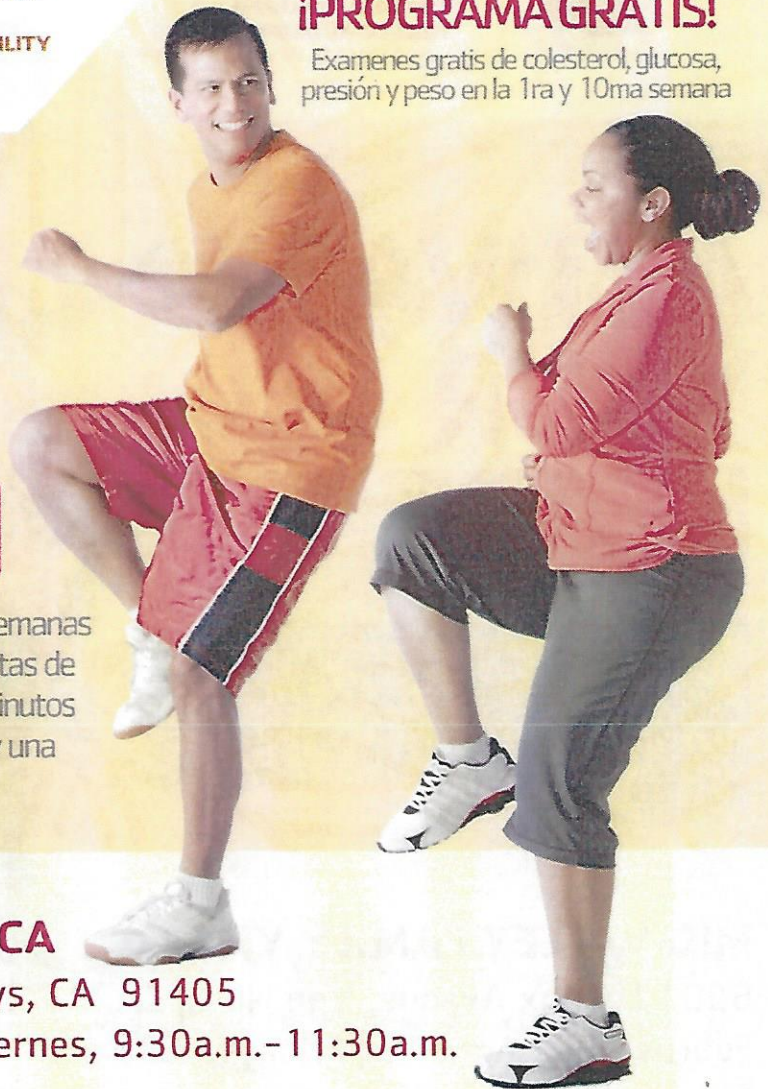
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ACTIVE SU CORAZÓN

Un programa comunitario gratuito de 10 semanas que consiste en ayudarlo a alcanzar sus metas de una vida mas saludable con clases de 60 minutos de ejercicios, 2 demostraciones de cocina, y una sesión informativa en el mercado.

¡PROGRAMA GRATIS!

Exámenes gratis de colesterol, glucosa, presión y peso en la 1ra y 10ma semana



MID VALLEY FAMILY YMCA

6901 Lennox Avenue, Van Nuys, CA 91405

9 de Febrero - 13 de Abril | Viernes, 9:30a.m.-11:30a.m.

Regístrate Ahora! | *Ultimo día para registrarse del 16 de Febrero

Para Registrarse, contacte a Laura Renteria al 818-989-3800 o laurarenteria@ymcaLA.org

- 60 minutos de ejercicio en grupo
- 40 minutos de educación sobre salud cardiovascular
- 20 minutos de manejo de estrés
- Membresía GRATIS de 3 meses para el YMCA (al completar el programa)
- Ciudadado, de niños gratis

Este programa es posible
gracias a la donación de



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