



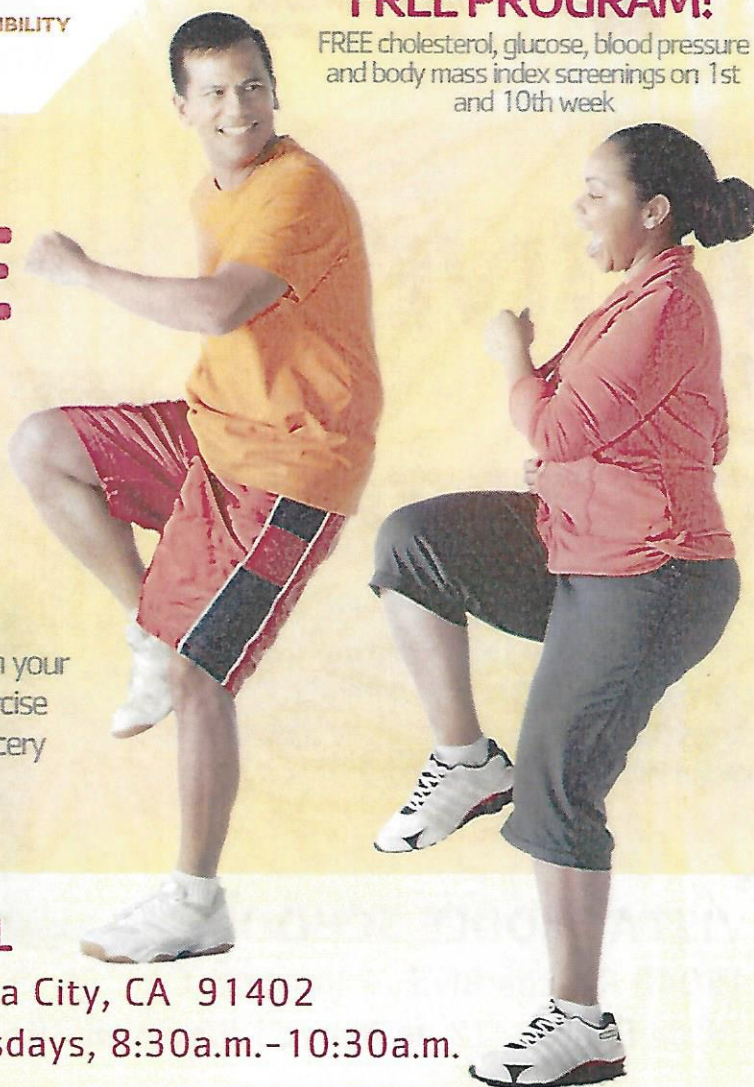
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.



VISTA MIDDLE SCHOOL

15040 Roscoe Blvd., Panorama City, CA 91402

January 18 - March 22 | Thursdays, 8:30a.m.-10:30a.m.

Register Now! | *Last Day to Register is January 25th.

Email Santiago Gomez at santiagogomez@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



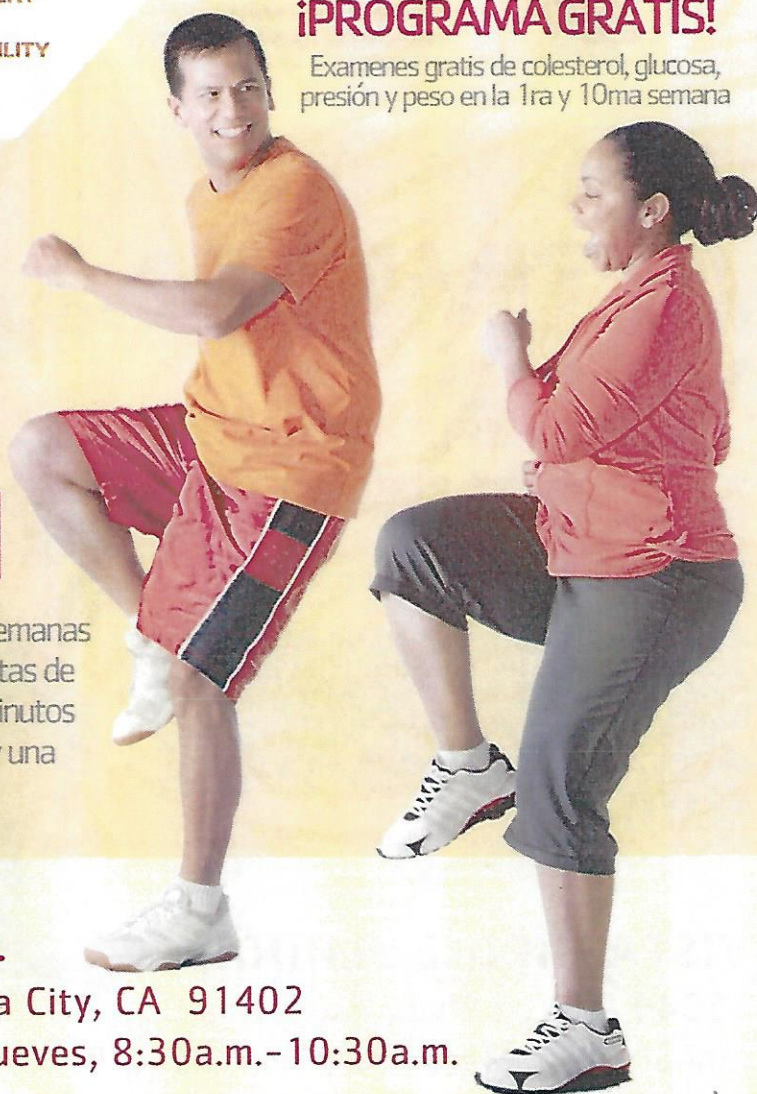
FOR YOUTH DEVELOPMENT®
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¡PROGRAMA GRATIS!

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

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.



VISTA MIDDLE SCHOOL

15040 Roscoe Blvd., Panorama City, CA 91402

18 de Enero - 22 de Marzo | Jueves, 8:30a.m.-10:30a.m.

Regístrate Ahora! | *Ultimo dia para registrarse del 25 de Enero

Para Registrarse, contacte a Santiago Gomez al 818-989-3800 o santiagogomez@ymcaLA.org

- 60 minutos de ejercicio en grupo
- 40 minutos de educación sobre salud cardiovascular
- 20 minutos de manejo de estrés
- Membresia 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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Medical Center

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Cardiovascular HealthSM**