

# 5th Annual Women's Heart Affair

Put on your favorite comfy clothes (with a splash of red, of course) and join us for a morning of fun, fitness, food, friendship and life-saving information about heart disease - the #1 killer of women.

## Enjoy free:

- ♥ Presentations by prominent physicians, health experts and more
- ♥ Screenings for blood pressure and cholesterol (No fasting required.)
- ♥ Continental breakfast
- ♥ Beauty and wellness services
- ♥ Hands-only CPR
- ♥ Medication review by pharmacists (Bring your medications and vitamins.)
- ♥ Prize drawings
- ♥ Goody bags for all attendees

Saturday, February 9, 2019

9 a.m. - noon  
(registration opens at 8:30)



ANTELOPE VALLEY  
HOSPITAL  
A facility of Antelope Valley Healthcare District

Antelope Valley Hospital  
Community Resource Center  
44151 15th Street West, Lancaster

**FREE**  
gift for first  
50 attendees!