

Don't miss our Kickoff Event!

February 12, 2017, 1-3:30



Special Guest Speaker: Dave Hubbard of the [21 Day Fitness Challenge](#)

Former NFL player Dave Hubbard, known today as America's Fitness Coach®, has been lecturing nationally on how to Get Fit for Life for over 20 years.

- Learn your risks for heart disease or heart attacks and how to reduce risk.
- Try some mindful eating and simple breathing techniques.
- Exercises you can do from home (no sweatpants needed).
- Hear about Hadassah's NEWEST initiative: *Every Bite Counts*.
- Women's health advocacy

SPACE LIMITED. Bring a heart-healthy dairy dish/treat.

CONTRIBUTION: \$7 **GUESTS WELCOME!**

RSVP online at <http://event.pingg.com/yourheartmatters> or contact Ellen Weinstein at elweinstein@yahoo.com, 770.241.8796 or Marsha Hildebrand at marsha77@comcast.net, 404.444.0351