

Heart Smart

Get fit and win

Sign up today for the Mercy Comprehensive Care Center's
AstraZeneca **Heart** Smart for Life Program!

Secure your spot today and you'll receive...

- Up to **\$100** in **Tops Gift Cards**
- Personal **Pedometers**
- **Exercise Journal**
- **T-shirt**
- **Water bottle**



- *Top finisher in each session will receive a grand prize of an Apple i-Pad!*

Plus... One-on-one nutrition education,
free health screenings, fun exercise classes, tips on
coping with stress, and much more! Call 716-923-6152 to
reserve your spot! Spots are limited, so call today
get **Heart** Smart!

This program proudly supported by:



to

JOIN US !!!!!!!



Mercy Comprehensive Care

397 Louisiana Street corner of South Park

FREE fun filled Summer Program!

Heart Smart for Life Summer Program

Call 923-6152 to reserve your spot today!

- Family Health and Wellness Education through fun activities!
Encouraging Wellness and Self- esteem!
- Mom's, Dad's, Grandparents and children welcome! Children under 18 must be with an adult.
- One on One Nutritional Counseling available
- 6 classes - one class each week
 - Wednesday July 12 at 1:30- 2:30
 - Wednesday July 26 at 1:30- 2:30
 - Wednesday Aug 2 at 1:30- 2:30
 - Wednesday Aug 9 at 1:30- 2:30
 - Wednesday Aug 16 at 1:30- 2:30
 - Wednesday Aug 23 at 1:30 – 2:30
- If you complete 6 classes, you will be given up to \$50.00 in Top's gift cards for your attendance.