



Gwinnett Medical Center presents

Take the Pledge

for a *Healthy Heart*

Saturday, February 18, 2012 · 8-11 a.m.

Gwinnett Center (Grand Ballroom) · 6400 Sugarloaf Pkwy., Duluth, GA 30097

Continental breakfast provided. To register, call 678-312-5000 or visit gwinnettmedicalcenter.org/classes and choose *Take the Pledge Event*.

Gwinnett Medical Center is committed to transforming healthcare and assisting you in living a healthier lifestyle. To help you get started with your healthy transformation, GMC is offering a **FREE** heart healthy event!

The following *screenings* and *education* booths will be available:

- Total Cholesterol*
- Glucose*
- Blood Pressure
- Full Lipid Profile* (Low Density Lipoprotein (LDL), High Density Lipoprotein (HDL) and Triglycerides)
- Bone Density
- Body Mass Index (BMI)
- Body Fat Composition
- Weight & Waist Circumference
- Stroke Risk Assessment
- Sleep Apnea Risk Assessment
- Heart Health Risk Assessment
- Smoking Cessation
- Health Risk Counseling
- Nutrition Education
- Exercise Education
- Surgical Weight Loss
- Sleep Disorders
- Senior Health

* You must fast at least 8 hours before screenings. Screenings are on a first come, first serve basis.

A Healthier You

Jumpstart your heart healthy lifestyle by attending a cooking demonstration led by an award-winning chef or get movin' in a fitness class led by certified fitness instructors. You can also enjoy a complimentary chair massage and watch your stress melt away. Details below.

	8:30 a.m.	9:00 a.m.	9:30 a.m.	10:00 a.m.	10:30 a.m.
Cooking Demonstration		♥		♥	
Pilates		♥		♥	
Cardio Dance	♥		♥		
Yoga		♥		♥	
Zumba	♥		♥		
Chair Massages	♥	♥	♥	♥	♥

Everyone who attends a yoga or pilates class will receive a free yoga mat.



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