



Do Lifestyle Changes Make a Difference?

A FREE community service made possible by an educational grant from Pfizer Canada Inc. and hosted by the YMCA Healthy Heart Program.

Interactive Health Fair

- ♥ Identify your cardiac risk factors.
- ♥ Talk to a nutritionist and pharmacist about your medications.
- ♥ Learn how to use a pedometer.

Special Presentations

♥ Understand why lifestyle changes are so important!
Dr. Marlyce Friesen, YMCA Healthy Heart Medical Director and Dr. Art Friesen, Cardiologist, will help you in managing heart health

♥ Try some new and tasty 'heart healthy' foods!
Chef/Dietitian Gerry Kasten and Dietitian Catherine Atchison will lead a fun and interactive session of food tasting.

When . . . **Thursday, October 11, 2007**
5:30 to 6:30 pm *Interactive Health Fair*
6:40 to 7:40 pm *Presentation by Drs. Friesen*
7:45 to 8:45 pm *Taste Testing*

Where . . . **Justice Institute of BC - Theatre**
715 McBride Blvd., New Westminister
(Easy access and free parking)

Who . . . **Everyone** who wants to learn more about the benefits of a healthy and active lifestyle is invited.