



# HEART PROGRAM

## HOW'S YOUR HEART?

HealthVisions Midwest is pleased to offer the HEART (Healthy eating, Eating smart, Active lifestyle, Reduce stress, Test your numbers) program.

- 6-week class focused on a healthy lifestyle for a healthy heart
- Weekly blood pressure checks
- Weekly Giveaways & Healthy Food Demos

**WHEN:** Tuesdays starting 6/3/25

**TIME:** 10:00am-11:00am

**WHERE:** HealthVisions Midwest (5800  
Fairfield Ave. Suite 140

**Call Genia with any  
questions!  
260-745-1600 EXT. 208**

