

# Listen to Your Heart:

A HEART SCREENING EVENT

Saturday, February 23, 2013 • 8 to 11 a.m.

Prisco Community Center

150 West Illinois Avenue, Aurora, IL 60506

**K**nowing your heart numbers is important to maintaining or improving your heart health.

Learn where your heart numbers stand.

Rush-Copley invites the community

to Listen to Your Heart: a heart

screening event.



Free screenings include:

- Blood pressure and pulse
- Weight and BMI
- Cholesterol, glucose and triglycerides (8-hour fast required)

Discuss your results with a nurse and learn about heart health. Complete all three screening stations and receive breakfast to go and be entered to win an iPod Shuffle. Spin the wheel to win gift cards, passes to Rush-Copley Healthplex fitness center and other heart healthy prizes.

Get to the heart of better health. Register today at [rushcopley.com](http://rushcopley.com) or call 866-4COPLEY (1-866-426-7539).



VNA Health Care