

# ¡Attention Women!

Did you know that heart disease is the #1 cause of death among women in the US?

Join the **National Wear Red Campaign** on **Friday, February 5, 2010**

and

*Help us Raise Awareness About Heart Disease in Women!*



*We invite you to participate in our Special Event...*

## Wear Red Fitness Day

**Date:** Friday, February 5, 2010

**Time:** 5:30 - 8:00pm

**Place:** Lawrence Senior Center  
155 Haverhill Street, Lawrence, MA

**Cost:** \$2.00 (donation for the American Heart Association)

Wear **Red** and receive a **FREE Red** Dress Pin & a Ticket for a Special Raffle with your \$2.00 donation!

Take part in our fun aerobic session lead by renown fitness instructor

**Ramon Salomon!**



*Learn to prepare healthy snacks and simple ways to reduce your risk for developing heart disease*

**For more information or to register, please contact:**

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