



Are you at risk for heart disease?

Come in and find out...

*hearts@work* is a healthy heart education project  
supported by the OKIB Primary Care Clinic

Do you know your numbers?

Test your cholesterol with the most sophisticated equipment available.  
Everyone attending will receive free cholesterol testing.

How's your blood pressure?  
What should it be?

Stressed?

Learn new and effective ways to relax and wind-down.

Eating Right?

We've got some tasty tips and the latest information on healthy food.

Active Enough?

Learn the link between Physical Activity, Blood Pressure, and Cholesterol.  
... And find out about all the services and resources available for you  
in your community to help make positive lifestyle changes.

**SIGN UP at 250 542 5094! It's fun... it's interactive and it  
could save your life.**

It's taking place at the:

OKIB Health Centre at HOL Road on Feb. 23, 2010  
9am to 2 pm

Everyone welcome!