



Leading Ladies **Go Red**

“Heart Healthy For Good”

Saturday, February 3, 2018
12:00 p.m. – 3:00 p.m.
**11:45 a.m. - Registration check-in*

First Baptist Church of Willingboro
- 216 Sunset Road Willingboro, NJ 08046-
It's **FREE**, Open To The Public!

Pre-Register Now: <https://LLGoRed2018.eventbrite.com>

A Word from the Nutritionist
SPEAKER: Gilda Jackson, M.S., R.D.
“Healthy for Good”

Feel Your Heart Beat
Exercise session for every age
Wear rubber soled shoes or sneakers



Heart Healthy Chef Demo
Sample a healthier traditional dish.
Tips to purchase healthier food

And Much More!
Blood Pressure Screenings
Picture and a Promise (**It's Back!**)
Prize Drawings and Give-a-ways!

Hosted by the following
American Heart Association | American Stroke Association Health Equity Alliances:



Rancocas Valley Alumnae Chapter
Delta Sigma Theta Sorority, Inc.
<http://www.dstrvac.org>



Go Red For Women is nationally sponsored by



<http://www.goredforwomen.org>



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