

TV, Chocolate & Your Heartitude!

Saturday, February 20, 2010

9:00AM-12:00 Noon

**Iroquois Regional Health Center
200 N. Laird Lane, Watseka, IL 60970**



Go Red for Women! Join us to see how a little TV and Chocolate can give you a whole new **Heartitude!** Proudly sponsored by the Community Benefits Committee of the IMH Development Council.

Put on Your Comfy Clothes and Get Ready to Move!

9-9:30 Gentle Yoga to Stretch, Strengthen & De-stress *w/ Renee Sier, 200 hr. RYT*

9:30-10 "I want my FitTV"—Top Ten Reasons to Work Out in Front of the TV
w/ Ronda Buhrmester, Iroquois Home Care

10-10:30 "From the Dance Floor to Your Living Room Floor"—Exercise for Life
w/ Pam Hibbert, Studio on Main

10:30-11:00 5K Run/Walk Training Tips—Train for **Team Pink!**

11-11:30 Ditch the Workout-Join the Party—**Latin dance inspired Zumba**
w/Nick Wauthier, Dance & Fitness Instructor



11:30-12 Heartitude and Hot Flashes—Menopause and your Heart Health
w/ Marsha Hubert, RN, IMH Cardiac Rehab

And here's more....



- Indulge in *decadent Dark Chocolate Fondue* for a treat with Heartitude!
- Health Fair—Know your numbers for Heart Health (free & reduced fee screenings will be available)
- Try your hand at Wii Fit
- Learn how to shop for Heart Healthy Foods
- Get info on reducing stress
- Want to learn to Knit? Learn the basics to get started.