

Get Ready, Get Red and Go!

Women's Heart Symposium

Take care of the woman who takes care of everybody.

Lubbock Civic Center

1501 Mac Davis Lane

Saturday, January 20

Screenings & Heart-Healthy Demonstrations: 8 a.m. to 11 a.m.

Luncheon & Keynote Address: 11:30 a.m.

Featuring Mellanie True Hills, "Be Still My Heart: Surviving and Thriving in a Hyperbusy World"

FREE health screenings and heart-healthy demonstrations for all participants! Plus:

Enjoy a heart-healthy luncheon for just \$10, featuring a keynote address by Mellanie True Hills, heart disease survivor. Plus free gifts, including Covenant's new *Heart Healthy Eating with West Texas Flavor* cookbook.



Find out if you have:

- High cholesterol*
- Elevated blood sugar*
- High blood pressure
- Increased risk of osteoporosis
- Adequate oxygen flow
- Healthy body mass ratio
- Good overall physical fitness

**Be sure to fast for 12 hours prior to your free health screening.*



Covenant
Heart & Vascular Institute
Services for Women



To pre-register for your health screenings and lunch, call 1.866.4COVENANT (1.866.426.8362).