

Women's Heart Symposium 2007



All Things Red...

Heart Disease affects every woman. You, your sister, your mother –the list goes on and on.
Covenant Health System has created a **FUN** and **UNIQUE** opportunity
to learn more about your heart health - and for those close to your heart.

Please join us for **FREE**: health screenings, stress-reducing exercise tips, cooking demonstration,
informative presentations regarding your heart's health and much, much more!

Enjoy lunch for only \$10

Each lunch guest will receive great gifts, including our cookbook "Heart Healthy Eating with West Texas Flavor"
Featuring Mellanie True Hills, author of "A Women's Guide to Saving Her Own Life"

Take the initiative to save lives by inviting girlfriends and family members to attend our 4th annual

Women's Heart Symposium

Saturday, March 31, 2007
Screenings begin at 8 a.m.
Lunch begins at 11:30 a.m.
Holiday Inn Park Plaza
Indiana and South Loop 289

To pre-register for screenings, lunch and a chance to win great prizes, call 1.866.4COVENANT (1.866.426.8362).