

# Walk For Your Heart Health

## Lecture Series:

“Walk For Your Heart Health”

## Dates:

December 21<sup>st</sup> & 28<sup>th</sup>

## Time:

9:00 am – 11:00 am

## Place:

Patchogue Family YMCA

255 West Main Street  
Patchogue, NY 11772



## Presented By: The Patchogue Family YMCA



Join us at the Patchogue YMCA where you can walk the indoor track with us from 9am-11am.

Free blood pressure screenings and educational handouts will be provided.

We look forward to **walking** with you!

Event is open to all members of the community  
and is **FREE** of charge.

## Registration Information:

Call 654-7240 or email [DKnapp-SanGiovanni@bmhmc.org](mailto:DKnapp-SanGiovanni@bmhmc.org)