



**ATTENTION GARY, EAST CHICAGO,
AND HAMMOND RESIDENTS!**

Healthy Eating | Active living | Reduce stress | Test your numbers



AstraZeneca HealthCare Foundation

Connections for Cardiovascular HealthSM

Next Generation



Poor Handmaids of Jesus Christ



Partners in the work of the Spirit

Don't Limit Your Challenges Challenge Your Limits

Come Out and Join

H.E.A.R.T Program

EATING SMART BEING ACTIVE

Six-week Nutrition, Fitness, and Cooking Classes

Weekly Giveaways (Crock Pots, George Forman Grills, Portable Blenders)

Weekly Class Incentives

People who attend all six classes will be entered into a raffle to win an air fryer.

Contact us for more information:

PHONE (219) 516-3206

EMAIL Nalvarez@hvusa.org

Scan to register for the HEART Program!



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HealthVisions Midwest, Inc.

HealthVisions Midwest is a 501(c)3 non-profit organization and is sponsored by the Poor Handmaids of Jesus Christ.