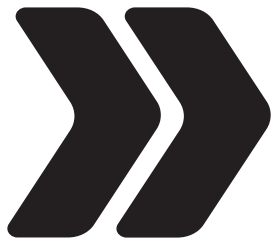




# HEART HEALTHY WORKSHOP



**Join experts from Swedish Outpatient Rehabilitation Center and our very own Cornell Amaya to discuss ways to keep the heart healthy.**

**SATURDAY, FEBRUARY 25TH**

**11:30am - 1:00pm**

**Group Fitness 1**

**-Community members must present government issued photo ID to attend the event.**

**Sammamish Community YMCA**

**831 228th Ave SE Sammamish, WA 98075**

**[seattleyymca.org](http://seattleyymca.org)**

**Learn about:**

- **Current state of heart disease in the US.**
- **Recognizing signs of heart disease -stroke & heart attack.**
- **The big role of COVID is playing.**
- **How to manage and work to bet prevent heart disease.**
- **Blood pressure screening.**

**Everyone is welcome.** The YCMA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**