

Go Red

Passport to Heart Health Program
"A Healthy Heart Will Take You Places"



A six week long Heart Health Program beginning with

- ♥ Kick off Event and Registration at Williston State College, Tuesday, March 23, 2010 at 5:30pm with a presentation by Dr. Tong on Women and Heart Disease.
- ♥ Grocery Store Tours of Heart Healthy Foods at Wal-Mart, April 8, Economart, April 15, and Albertsons April 22 at 7:00 p.m. Tours will be led by Registered Dietitians.
- ♥ Weekly Walking Tours at different Williston Walking Paths. The one-mile walks will be led by Go Red Coalition Members.
- ♥ Blood Draw Tuesday, April 6 through Friday, April 9, from 6 to 10 a.m. at the McAuley Education Center-Mercy Medical Center.

Please call to schedule an appointment for blood draw cost \$35: 774-7432 (Mon.-Fri. 8a.m. - 5 p.m.)

Complete five of seven weekly activities to be eligible to win prizes, including a Medora Vacation Package.


Our Hearts, Our Choice

To register or for more info:
contact Upper Missouri
District Health Unit
701-774-6400
or
www.umdhu.org

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