

First 50 to arrive
receive a free gift!

Let's celebrate Cardiopulmonary
Rehab Weeks and join us for the

NEW START BETTER HEART WALK/RUN



Sunday, March 1st

1-3 p.m.

Humboldt Rec Center

\$10 per person

(Payable at the door by cash or checks
may be made out to the HCMH Foundation)



Proceeds from this event will go to a
NEW Glucometer for the HCMH wellness hub!

All participants will be entered to win door prizes!

(You do not need to be present to win)

Participants of Mission Slim Possible
earn 5 bonus points for attending the
New Start Better Heart walk/run.

QUESTIONS?
CALL 515-332-4200

