

# TAKE CHARGE OF YOUR HEART HEALTH!

Hypertension Awareness  
Community Event

**Know Your Numbers |  
Eat Well | Stay Active**

## EVENT HIGHLIGHTS:

- 🗣️ Expert Talks & Health Panel
- 🏃 Fitness Session
- 🎁 Raffle Prizes & Giveaways
- 👨🍳 Heart-Healthy Cooking Demo
- 🩺 Free Blood Pressure and PAD Screenings

Join Us for a Day of Wellness,  
Knowledge, and Community!

Refreshments will be served.



**Dr. Sanul Corrielus**

**Event Host**

November 23rd, 2024

10:00AM-2:00PM

**Center in the Park, 5818 Germantown Avenue**



**Medtronic**

**Pre-register now at-** [www.communityhearthealth.com/hypertension-awareness-event](http://www.communityhearthealth.com/hypertension-awareness-event)  
**Or call us at-** 215-383-5900