

**Associated Neighborhood Centers
McGuffey Centre**

PRESENTS:

**Pump Up the Heart, Bring
Down the Blood Pressure**

MINORITY HEALTH MONTH EVENT

Thursday April 27, 2017: 11am-2pm

**McGuffey Centre
1649 Jacobs Road
Youngstown Ohio 44505**



The event will feature low impact and chair based exercise, blood pressure screening and information on Hypertension.

First 60 participants will receive a Gift Bag with a 2lb Weight, Exercise Guide Book and Exercise DVD *RSVP Today at 330-565-4845

For more information please call McGuffey Centre at 330-744-4377

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