



# February is Heart Smart Month!

## Free Blood Pressure Check

Have your blood pressure and/or resting heart rate taken for FREE by the Trainer on duty!

Thursday, February 16 from 6:00pm - 8:00pm  
\*Tuesday, February 21 from 8:30pm - 5:30pm  
\*Note: This is a date and time change from the February Newsletter.

Where: The Mount Fitness Centre  
This service is available on a drop-in basis.

