

# HEART SMART FAIR

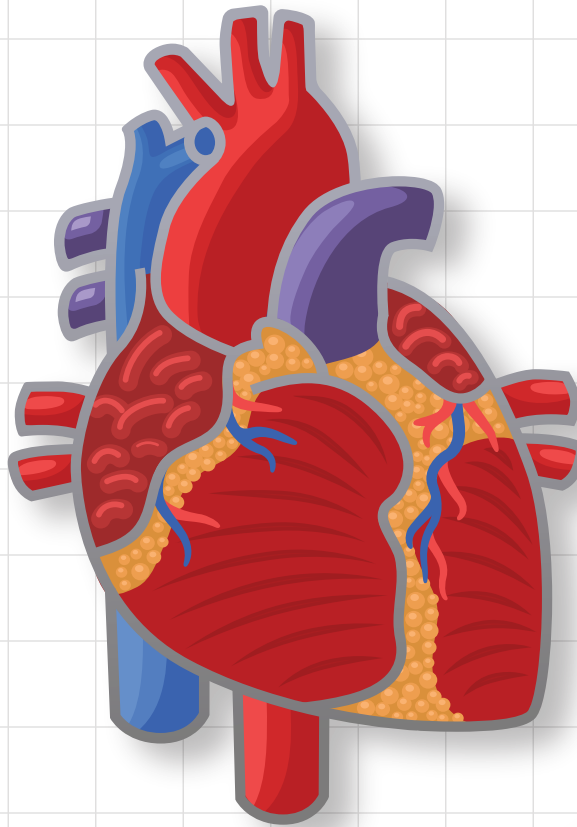
**Did you know that cardiovascular diseases, including stroke, are our nation's number one killer?**

Join us for our annual

***Get Heart Smart Health Fair***

on Saturday, March 5!

There will be a variety of education tables with information on heart disease, stroke, cholesterol, blood pressure, diabetes, nutrition, exercise, and smoking cessation.



## **FREE** Event Features:

- Blood pressure screenings
- Blood sugar testing
- BMI, body fat %
- Waist to hip ratio

*\* We will be providing a discount coupon/certificate for future Cardiovascular screenings. Must be picked up at the registration table during the event.*

*Registration preferred. To register, call 877-LGH-WELL (1-877-544-9355) or visit [lowellgeneral.org/health](http://lowellgeneral.org/health).*



**Lowell General Hospital**

*Complete connected care<sup>SM</sup>*

**SATURDAY  
MARCH 5, 2016**

**Pheasant Lane Mall**  
310 Daniel Webster Hwy,  
Nashua, NH 03060  
11:00am-2:00pm