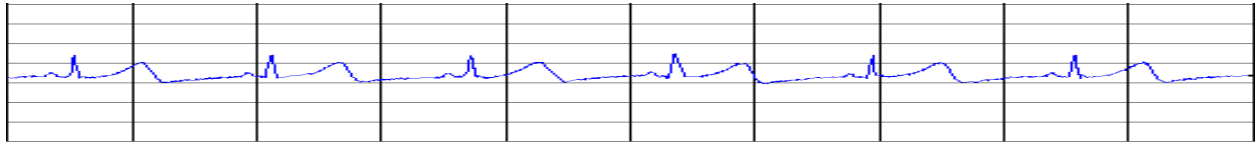


Blueprints of the Heart



Overweight?

Tired all of the time? High Blood Pressure?

Shortness of Breath? Unhealthy Eating Habits? Lack of Physical Activity?

Are you tired of setting heart healthy goals you can't meet?

It's time to take back control of your health by taking matters of the heart in **YOUR** hands.

Today is the day that dreams come true...

Can you afford to miss it?

♥ WHEN ♥

August 8 – October 3
Tuesdays 5:00pm – 7:00pm

♥ WHERE ♥

Fusion Fitness and Aquatics

♥ PROGRAM INSTRUCTORS ♥

Amanda Payne, Respiratory Therapist
Becky Stokes, Respiratory Therapist

It is never too late to reduce your risk of Heart Disease!