



VA GOES RED FOR WOMEN FRIDAY, FEBRUARY 5, 2016

Presented by : STVHCS Health Promotion Disease Prevention Program

**Audie L. Murphy
Hospital
Recreation Center
(B101)**

**All
Veterans, Staff and
Visitors Welcome**



Interactive Program Schedule

11:00 Intro to MyHealthVet, Healthliving Assessment, & Veterans Health Library

11:20 The Heart of the Matter (Dietitian)

12:00 ALM Wear Red Picture

**12:10 Speakers
(Heart Disease Survivors Testimonials)**

12:30 Exercise Tips (Gym Representatives)

12:45 Healthy Living Booths:

- **Discount Gym Membership Opportunities**
- **Healthy Eating**
- **Stress Management**

**Heart Disease is the number one killer of women.
The Go Red for Women movement helps inform women of
their risk for cardiovascular disease.**

**Take a break from your busy day to attend any part of this
interactive educational program.**

Get a healthy snack and learn to make a healthy recipe.

Wear **RED to show your support.**

