

YOUR BODY

You only have one body
to experience the joys of living.

Take care of it!



Cardiovascular Disease Prevention Center Assessment

THURSDAY, FEBRUARY 15 • 9am - 12pm & 5 - 8pm

HAMMOND FAMILY YMCA
7322 SOUTHEASTERN AVENUE • HAMMOND

St. Catherine Hospital Cardiovascular Prevention Center providers are offering **FREE** American Heart Association Risk Factor calculated assessments to determine your risk for heart disease and other related medical conditions.

Free Assessments:

- A1C-Glucose (history of diabetes)
- ABI-Leg circulation test
- Blood Pressure
- Body Mass Index
- Cholesterol
- Random Glucose
- Waist Circumference

Free. No fasting required. Must be 18.

Registration is required. Call 219-836-3477 or 866-836-3477.



ST. CATHERINE Hospital

East Chicago
comhs.org