

Brigham and Women's Hospital and the Boys & Girls Clubs of Boston Present

# Love Your Heart:

## A FREE 12-week weight loss program for women!

Registration and FREE heart disease screening  
Sept 10th, 12-4pm • Yawkey Club of Roxbury

### Love Your Heart at the Yawkey Club of Roxbury

Did you know that 1 out of 4 women die from cardiovascular disease every year? Maintaining a healthy weight is one of the most simple and effective ways that you can help prevent heart disease. If you are looking to achieve a healthy weight and meet all of your wellness goals, join our FREE 12-week weight loss program for women. This program will include:

- **FREE Exercise Classes**
- **Weekly Weight Management & Healthy Eating Workshops**
- **Monthly Weigh-ins**
- **Goal setting techniques for accomplishing your fitness goals**
- **Development of self care tools**
- **Confidential & Supportive Environment**
- **Cardiovascular Disease Screenings**
- **FREE childcare**



Join us at the Yawkey Club of Roxbury for their annual *Spirit of Roxbury* event from 12-4pm on Sept 10, 2011, a family friendly celebration of the community, to register and receive a **FREE cardiovascular screening**. Yawkey Club of Roxbury located at 115 Warren St, Roxbury, MA. If you cannot attend, please call or email TBD to register.



  
**BOYS & GIRLS CLUBS  
OF BOSTON  
YAWKEY CLUB  
OF ROXBURY**



**BRIGHAM AND  
WOMEN'S HOSPITAL**  
Cardiovascular Wellness Service