

Maintain a Healthy Heart!



Dr. Dan Elliott with the Virginia Center of Athletic Medicine will present a seminar on the types of activities to engage in to maintain a “healthy heart.”

WHEN: February 23, 2010

TIME: 6:30 pm

WHERE: Multi-Purpose Room

REGISTER: Welcome Center
FREE for Members

CONTACT: Franki Pivarnik
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Peninsula Metropolitan YMCA

We build strong kids, strong families, strong communities.