

# YOUR BODY

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

## Take care of it!



## Cardiovascular Disease Prevention Center Assessment

TUESDAY, FEBRUARY 20 • 5 am - 2 pm

WHITING FAMILY YMCA  
1938 S. CLARK STREET • WHITING

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](http://comhs.org)