

# The Pressure Cooker

Relieve the pressure – a special event  
focused on reducing high blood pressure

Saturday, Nov. 7  
9:30 a.m. to 2 p.m.

Shively City Hall  
3920 Dixie Highway • Shively, Ky.

- Heart-healthy lunch and cooking demonstrations
- Fitness demonstrations
- Discussions led by area physicians and heart disease survivors
- Strategies to reduce your risk of high blood pressure, heart disease and stroke
- Free gifts and drawings for participants
- Blood pressure and body fat screenings

Call (502) **629-1234** to register for this free event. Screenings begin at 9:30 a.m. The Pressure Cooker event is sponsored by Norton Heart Care and the American Heart Association as part of the Campaign to Lower High Blood Pressure in the African-American Community.

American Heart Association   
*Learn and Live.*

 **NORTON**  
HEART CARE

