

SAVE THE DATE • NATIONAL FIRST RESPONDERS DAY



You show up for others.
Now show up for your health.

Heart disease can develop silently.
Know your risk before symptoms appear—
and learn what steps you can take next.

OPEN TO EVERYONE
YMCA MEMBERSHIP NOT REQUIRED

WEDNESDAY
OCTOBER 28

TIME
7:00-11:00 AM

CHARLOTTE AVENUE YMCA
402 Charlotte Avenue
Rock Hill, SC

Know your numbers. Understand your risk.

Take one morning to do something important for your future health.

FOR THE WHOLE COMMUNITY

Explore your whole health.

Connect with local health services:

- **Health screenings**
- **Heart-health risk assessment**
- **Local healthcare providers**
- **Community agencies & resources**

Learn what is available locally and take practical next steps for your health.

FOR OUR FRONTLINE HEROES



FREE • NO COST TO YOU

Law enforcement, fire and EMS, dispatch, educators and nurses can learn about and enroll in our **Advanced Cardiovascular Screening Program.**

ASK QUESTIONS + ENROLL AT THE EVENT

For eligible asymptomatic adults age 30+ with 2+ heart-disease risk factors.

Additional program eligibility requirements apply.



Scan the QR Code
for more information.

PRIMARY COMMUNITY PARTNERS

The Heart2Heart Foundation
Carolina Cardiology Associates
YMCA of Upper Palmetto
North Central Family Medicine

FRONTLINE HEROES WELLNESS PROGRAM
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