

FEBRUARY IS...

# HEALTHY HEART MONTH



RARITAN VALLEY YMCA IS OFFERING FREE WORKSHOPS TO PROVIDE YOU WITH TOOLS TO IMPROVE YOUR HEALTH, PROTECT YOUR LOVED ONES, AND BE READY IN AN EMERGENCY! DON'T MISS THIS CHANCE TO TAKE ACTION FOR YOUR HEART AND YOUR COMMUNITY!

## WHAT TO EXPECT

- Heart Health Workshop
- CPR Training
- Stop the Bleed Training
- Narcan Info Session

## FIRST WORKSHOP

February 12th at 10:30am  
in combination with  
Bingocize