



**SAN ANTONIO
COMMUNITY HOSPITAL**

Day of Dance[®]
FOR HEART HEALTH

DANCE YOUR HEALTH OUT

Saturday, February 27, 2010

Time: 1 to 5 pm
Location: San Antonio Community Hospital
999 San Bernardino Road
Upland, CA 91786
Aita Auditorium
Admission Fee: \$10

Advanced registration is required. Please call: 909.920.6139

Please, no children under age 14.



Light refreshments will be served.

Bring your friends to dance, learn simple ways to stay healthy, enjoy music, and participate in health screenings.

- Line Dance Instruction (belly dancing, salsa, hip hop and more)
- **Cholesterol, Glucose, Body Fat, and Blood Pressure Screenings at no extra charge**
- Health Education
- Exhibit Booths

Lecture Topics:

Women and Heart Disease

- Dr. Fatima Hakkak, Cardiologist

Warning Signs and Symptoms of a Heart Attack

- Dr. Roger D. Duber, Cardiologist

Life is Not a Spectator Sport

- Dr. Michelle Ward, Orthopedic Surgeon

Fats: The Good, The Bad and The Ugly

- Sherri Pinero, BS, RD

SPONSORS:



Day of Dance[®] for Health is powered by Spirit of Women[®], a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

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