

Live Well, Play Well

Community Heart Health Day!



Free Admission!

When: Saturday, February 3, 2018

Time: 1:00pm - 3:00pm

Where: Boys & Girls Club of Bellport
471 Atlantic Avenue, Bellport



**For more information call:
631-687-2900**

Family Fun For Everyone!

- Dance performances: Ovations Dance Academy – Enjoy the performances and learn some new dance moves!
- Boys & Girls Club Hip Hop Dancers
- Bellport Youth Cheerleading Performances
- Enjoy music by the Boys & Girls Club Steel Drum Band
- Physical Activity Center for Children including- Relay Races and Fun For All!

Free Chance to win door prizes!

- **Heart Healthy Cooking Demonstration-Tasting Too!**
- **Bio Sway Machine –Test your Balance**
- **WALK FM – Walkie Bear**
- **Cardiology Trivia – Spin the Wheel**
- **CPR & AED Life Saving Demonstrations - and Instruction**
- **Diabetes Education – Interactive Station**
- **Sleep Center – Find out if you're at risk (Some sleep disorders may lead to heart disease!)**
- **Bellport Primary Care Center – Free Blood Pressure Screenings**
Learn about the family medical care right here in this community!