



Healthy Heart Challenge Feb 3rd

Share The Secret Behind YOUR Healthy Heart and **WIN**

Join Newman Memorial Hospital's 1st Annual Healthy Heart Challenge on February 3rd. The winner will be drawn on Monday February 6th and will receive a FREE 1 month membership to Pulse Fitness AND a FREE Fitness Assessment along with 2 private training sessions with Certified Personal Trainer Dakota Williams!

To be entered to win you will need to:

- 1) Like and follow our Facebook page.
- 2) Post a selfie while wearing your red for National Wear Red Day on February 3rd along with your best Healthy Heart Advice (This can be a Healthy Heart Tip, Recipe, or Creative Way To Get Moving)
- 3) For 1 additional entry each you can follow us on Twitter @NewmanMemorial and Instagram @NewmanMemorial and use the #GoRedWithNewman when you post your selfie.

Feel free to SHARE with all your friends.