

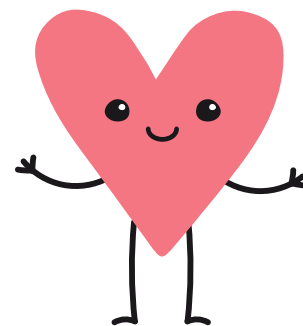


Better **HEART** health starts **HERE!** ❤️

Join **South Central Health District** for a free, 6-week heart health program built around confidence, support, and real-life tools.

Program Highlights

- 6 weeks
- 60-minute weekly sessions
- Small, supportive group
- Doctor Q&A
- Cooking demo
- Zumba (all levels)
- Heart Health Starter Kit
- Free wellness items



Who It's For:

- Adults dealing with high blood pressure
- Residents of Southington, Plainville, and Middlefield
- *Participation is free*
- *Tuesdays - 11am Weekly*
@ Southington Calendar House

Space is limited!
Starts February 3rd, 2026



Be sure to register **TODAY** by scanning the QR code or calling **860-276-6275**.

This program supports heart health education and does not replace care from your doctor.