



## ***HEALTHY HEART, HEALTHY MIND, HEALTHY YOU!***

February is the Month for LOVE &  
American Heart Health Month!

We'll talk about the keys to heart  
health through food & lifestyle  
choices...and how to keep a healthy,  
happy heart through proper self-care and self-love!

**Wednesday, February 18th**

**6:00pm**



This class features: Heart-healthy foods,  
Self-care tips,  
10 Ways to Fall in Love with Yourself,  
How to make healthy sweet treats  
and more!  
(Did someone say it's ok to eat chocolate??)

Come enjoy a glass of heart-healthy red wine...  
and some chocolate with us!

**SIGN UP at Body Edge Fitness  
or CALL 910-575-0975  
Cost: \$15**

