

When was your last heart check-up?

FEBRUARY 11TH
1PM-3PM

FREE Blood Pressure Test
FREE Cholesterol Test
FREE BMI Test

At Franklin REC
1560 Hwy 65
Hampton

Franklin REC is partnering with Franklin County Public Health to help create a healthier YOU!
Come take your FREE health assessment and receive helpful tips to make 2022 your year of healthy change.

About

159,000

**people in Iowa
have coronary
heart disease.**

This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!



Learn more at hearttruth.gov

Source: CDC. Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2020.

