



**Fresno State's Public Health Department
Health Awareness Campaign Project**

Cordially invites you to participate in our

Jumping for a Healthy Heart Activity

February 27th, 2014

11:30 a.m. to 1:30 p.m.

Fresno State's Free Speech Area

Let's get active!

Join us for fun games and learn how
to keep your heart healthy.

Did you know?

- ♥ *Each minute your heart pumps 1.5 gallons of blood*
- ♥ *The number of heart attacks peaks on Christmas Day*
- ♥ *The more education you have the lower your risk of heart disease*
- ♥ *Regular exercise is the most important key to heart health*



Find out more at our event!

Fresno State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please call 278-4014 in advance of your participation or visit.