

## SCHEDULE OF EVENTS

- 11:00-3:00 PM      **Physical Heart Displays**      Fellowship Hall
- Anatomical cow heart
  - Aneurysm specimen
  - Dissect a plaque specimen
  - “Fill Your Plate for Health” – Balanced Nutrition
  - Wii exercise demonstrations
  - Screenings: Blood Glucose and Blood Pressure
  - CPR and AED Demonstrations

**Emotional and Spiritual Heart Displays**      Narthex

- Joyful heart
- Peaceful heart
- Forgiving heart
- Clean heart
- Kind heart
- Bold heart
- Just heart
- Loving heart
- Prayer-filled heart

Chapel

**Other Special Displays**

Fellowship Hall

- Knitch Knitters Project for Women with Heart Disease
- LMLC’s Walk Virginia Program

- 10:00-4:00 PM      Blood Mobile      Prices Fork Road Parking Lot

*Schedule your appointment on line. Visit [www.redcrossblood.org](http://www.redcrossblood.org), or you may call the church office at (540)951-1000.*

- 11:30-12:30 PM      Speaker Presentation      Dr. Osimani  
“Heart Healthy Gals”

*Dr. Osimani will discuss the importance of diet and exercise, why being heart healthy is a life-long focus, and what you should look for if you have a family history of heart disease.*

- 12:30 PM      Door Prize Drawing  
(You do not have to be present to win a door prize.)

- 1:30 PM      Door Prize Drawing

- 2:30 PM      Door Prize Drawing

\*Recommended age for girls is 12 years old and older.

\*\*Light refreshments will be available in the Fellowship Hall\*\*

\*\*\*Free child care is available from 11:00 AM-1:00 PM only\*\*\*

For further information, contact:  
[www.lmlc.org](http://www.lmlc.org) or Church office at (540) 951.1000  
[jburroughs@lmlc.org](mailto:jburroughs@lmlc.org)

The Healthy Heart Fair is offered to women and girls free of charge. Parking is available off of Toms Creek Road and Prices Fork Road. Access to an elevator is at the Toms Creek Road entrance to the church.

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The Knitch Knitters is a group of area knitters who gather together to knit for fun and purpose. They meet the 2<sup>nd</sup> and 4<sup>th</sup> Mondays each month at Luther Memorial Lutheran Church from 10:00 AM-12:00 Noon. New members of all ages and levels are welcome.

SPONSORED BY

LUTHER MEMORIAL LUTHERAN CHURCH

ST. MICHAEL LUTHERAN CHURCH

With grateful appreciation to

The Edward Via Virginia College of Osteopathic Medicine

Dr. Daniel Osimani, MD FACC  
Valley Heart Doctors

Knitch Knitters

Carol Papillon, Instructor, VA Tech Human Nutrition, Foods and Exercise

American Red Cross

**HEALTHY HEART FAIR**

**FOR WOMEN AND GIRLS\***

**SATURDAY, MARCH 26, 2011**

**11:00 AM – 3:00 PM**

**LUTHER MEMORIAL LUTHERAN CHURCH**

**CORNER OF PRICES FORK ROAD AND TOMS CREEK ROAD**