



**POWER TO  
END STROKE.**  
*You are the Power*



Heart disease and stroke are major health risk for everyone ...

*Join American Heart Association & Black Family Health and Wellness Association, Inc.*

## **Power Up and Let's Get Moving** **Saturday, May 17th** **10:00am - Noon**



Come out, bring your friends and family to this **FREE** event!  
Learn some fun ways of being physically active and how to commit to a heart healthy lifestyle!



*Event will held at:*

**Girls Inc. of Omaha**  
**2811 North 45th Street**  
**Omaha, NE 68104**

For more information on the event go to our Facebook page: **American Heart Association—Omaha**  
Be sure to Like us!



*Supported By:* Black Family Health and Wellness Association, Inc