

**FREE FOOD  
& DEMOS**

**TWU Local 100, New York City Transit H.R. Benefits,  
TWU Local 100 - NYCT Training & Upgrading Fund  
and American Heart Association/American Stroke Association**

**PRESENTS**

# Heart Health Awareness

**Your  
Health  
Matters  
Most**

**Saturday February 27, 2016 - 10 AM to 2 PM**

TWU Local 100, New York City Transit H.R. Benefits, TWU Local 100 - NYCT Training & Upgrading Fund and American Heart Association/American Stroke Association have partnered to offer **Transit members and their families** a series of events that are focused on your long term health needs.

The programs will include heart health awareness seminars, Hands only CPR, healthy cooking demonstrations and tastings.

**The event will be held at:  
TWU Local 100 - NYCT Training & Upgrading Fund  
195 Montague Street, 4th Floor Brooklyn, NY 11201**

**HANDS  
ONLY  
CPR**



**Healthy Cooking Demo with  
Chef Brittany of Smiling Bellies™**



**FEBRUARY  
AMERICAN  
HEART  
MONTH**



**A day of family health and wellness awareness**

