

# HEART HEALTH AWARENESS MONTH

## FEBRUARY 2018 EVENTS CALENDAR

All Events Are By Signup Only

**JAN 21**



Be a heart health superhero... join us for the

Butterfield & Vallis **5k**  
WHOLESALE DISTRIBUTORS

**FEB 02** **"WEAR RED" TAG DAY**  
Paint the town red and show your support to raise awareness of heart disease, Bermuda's #1 killer!

**FEB 03** **NewYork-Presbyterian Medical Professional CME Program**  
Hamilton Princess - 8am-1pm (medical professionals only)

**FEB 05** **FREE CORE Health Class**  
Topic: Understanding Health - 5:30pm

**FEB 05** **Energise Wellness FREE Body Shred Fitness Class - 5:45-6:30pm**  
Test your limits with a high intensity, endurance-based workout.

**FEB 07** **FREE Health Screening**  
Hamilton MarketPlace - 11am-2pm

**FEB 07** **B-Active 4 Life FREE Cardio & Resistance Training Class - 12:30pm**  
Your muscles + opposing force = a killer workout!

**FEB 08** **Driven Fitness & Nutrition FREE H.I.I.T. Class - 12pm**  
Kettlebells, sandbags, battle ropes and more.

**FEB 09** **Alchemy Fitness FREE Box H.I.I.T. - Class - 5:30pm**  
Channel your inner Rocky and get your box on.

**FEB 12** **FREE CORE Health Class**  
Topic: Educated People Make Educated Decisions - 5:30pm

**FEB 13** **Energise Wellness FREE Soca Fit Class - 5:30-6:15pm**  
Jump and wave your way into better fitness!

**14** **FREE Health Screening**  
Heron Bay MarketPlace - 11am-2pm

**Bermu Bounce Camp - FEBRUARY 14,15,16**  
Bermuda Jump Rope Federation  
Visit Our Facebook Page For More Info: @jumpropebermuda

**FEB 16** **Bermuda Heart Foundation Murder Mystery 6:00pm** - A real life interactive game of CLUE/scavenger hunt brought to life in the city of Hamilton. Does your group have what it takes to solve the mystery?

**FEB 19** **FREE CORE Health Class**  
Topic: Stress Management - 5:30pm

**FEB 21** **FREE Health Screening**  
Shelley Bay MarketPlace - 11am-2pm

**Energise Wellness FREE Zumba Class - 5:30pm**  
Everyone loves Zumba... come get your dance on with Energise!

**FEB 23** **CORE FREE Cardiac Prevention Circuit Class - 6pm**  
Our very own Bee guides you through a heart-focused workout.

**FEB 26** **FREE CORE Health Class**  
Topic: The 80/20 Rule - 5:30pm

**FEB 27** **Energise Wellness FREE Soca Fit Class - 5:30pm**  
Can't get enough soca? Exercise Fete Part 2!

**FEB 28** **FREE Health Screening**  
Somerset MarketPlace - 11am-2pm

Follow us on Facebook and for more information!

-  bermudaheartfoundation
-  jumpropebermuda
-  corebermuda

**SPACE IS LIMITED. CLASSES & EVENTS BY SIGN UP ONLY**  
Bermuda Heart Foundation & CORE: 232-2673  
Energise Wellness Solutions: 747-7474  
Alchemy Fitness: 295-9400  
Driven Fitness & Nutrition: 538-3786  
B-Active For Life: 633-4451

