



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## HEALTHY HEARTS & HYPERTENSION TALK FEBRUARY 14TH FROM NOON - 1:00 PM

February is American Heart Month! Join us for a talk with Colin McCabe, APRN-FNP, who practices with the Maine Medical Partners MaineHealth cardiology group, specializing in cardiovascular disease.

Colin will present the latest guidelines for hypertension and why it is important to know your blood pressure and the effects on your body. Know the signs, symptoms and treatment of hypertension. Your heart will thank you for taking care of it!

**Location:** Penobscot Bay YMCA, Rockport  
**Cost:** Free to the community!  
**Reserve your spot by February 12th**  
**Valentines Day treats and coffee will be provided!**