

Minky's Mom Dropped Dead on the Treadmill ...



WANTED: Women who want to **STOP** a **LOVED-ONE** from having the **BIG-ONE!**

My mom was a sedentary sister. She was so proud of how she could 'out-sit' anybody. Find out in a 10-step 1 hour presentation how to prevent Sudden Cardiac Death (SCD). A humorous, yet informative tale of how the bravery of moving and fear while being idle changes your body's shape inside & out. Limited time—**NO FEE!**

- Small Fellowship/Church Groups
- Minority female groups
- Females in healthcare groups
- Nursing organizations
- House parties / Staff education
- Will speak to any female and/or minority audience

Is your loved one more apt to listen to you, me or no one?



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