

JULIE'S **FITNESS** STUDIO

TO INSPIRE, MOTIVATE & CREATE A BETTER YOU

MATT GAY MEMORIAL HEART & HEALTH SCREEN



WHEN

September 23rd, 2017
8:15am - 12:00pm

WHERE

Julie's Fitness Studio
6763 Providence Street, Whitehouse OH
juliesfitstudio@gmail.com

***Sign-up for a scheduled time prior to or day of event. Limited availability.**

www.juliesfitstudio.com

ABOUT:

Matt grew up in Whitehouse, Ohio and graduated from St. John's High School in 1990. He eventually relocated to Anchorage, Alaska where he led a very fit and active lifestyle with his wife and 3 young children. Matt passed away unexpectedly on March 4, 2017 at the age of 44. His family and friends were shocked and devastated. He died from a heart condition that he was unaware of.

Regular medical check-ups are vitally important for early detection. Join us and "March Forth" in the fight to achieve health and fitness. Take the first step and get screened to help determine if you are at risk. Keep making good memories!

WHAT TO EXPECT:

- *Heart Sound Recorder Graph (no food/caffeine 2 hrs. prior)**
- Blood Pressure**
- Pulse**
- O2 Saturation**
- Weight**
- optional: lab slip for**
- cholesterol screen \$25.**
- Orders for additional labs available**

***See attached PDF**