

San Bernardino County Sheriff's Department

Women Warriors Health & Fitness Event

Benefiting the
American Heart Association



FREE

FREE

All fitness
levels
welcome

Women 18
and over

Saturday, September 12, 2015
7 am to 12 noon

San Bernardino County Sheriff's Regional Training Center
18000 Insitution Road • San Bernardino, CA

Participate in the **physical fitness** portion of this event as an individual or as part of a 4-person team. Awards given to the top three overall participants.

Fitness events include:

- 1.5 Mile Run
- Pursuit and Rescue Course
- Push-ups / Sit-ups

Pre-register by September 10 on the web at: www.sheriffsjobs.com

Educational **presentations** by:

- Cardiologist Dr. Siva Arunasalam,
High Desert Heart Institute
- American Heart Association
- San Bernardino County Sheriff's Department

Health presentation **topics** will include:

- CPR Class
- Nutrition for Heart Health
- Heart Attack Symptoms in Women



Come out and support the San Bernardino County Sheriff's Department and the American Heart Association in our fight against heart disease.
Cash and check donations to the American Heart Association will be accepted at the door.
Free event t-shirts available while supplies last.

For more information and to pre-register:
www.sheriffsjobs.com

Join the Legacy

