

Participate in the My Heart and Me member challenge between February 1st - 28th and you could win a wellness package of:

2 InBody Composition Assessments (\$80 value)
1 Personal Training Session (\$80+ value)

Here's how to participate and enter:

1. Open the My Heart and Me Tracking Form:
www.ywcavan.org/fitness/form/my-heart-and-me-tracking-form
or pick up a physical copy at Member Services.



2. Track different aspects of heart health each week:

WEEK 1 - BLOOD PRESSURE
WEEK 2 - CARDIOVASCULAR HEALTH
WEEK 3 - HEART HEALTH NUTRITION
WEEK 4 - MINDFULNESS

3. Record your results on the My Heart and Me Tracking Form.

4. Submit your form through the link above or hand in your physical copy to Member Services. Your form submission is an entry to the wellness package draw.



Terms & Conditions

- One entry per person
- Contest available to members only
- Completed My Heart and Me Tracking Forms must be submitted electronically or physically by February 28th for the submission to be valid
- The winner will be randomly drawn and notified on March 1st