

MEET BEN BOOKER



Take Down Heart Disease

5 to 7 pm

Thursday, February 23

Brick House Bar & Grill, Charleston

**Two free drink tickets
Appetizers
Yeti Cooler Door Prize**

This event is for men only.

**Ben will be speaking on
the importance of
physical fitness and
staying active.**



After an amazing personal transformation, Ben Booker has become one of the top inspirational fitness personalities.

He is the founder of Second Chance Lifestyle, the inventor of the Razor Hybrid Crossover, a national cover model, and a sought-after motivational speaker. His latest endeavor includes Second Chance Fitness 24 Hour Gym in Arthur, IL, where he is able to serve the people in his community and help them reach their full potential in health.

Also speaking will be Prairie Heart Cardiologist Michael LaMonto, DO, on health risk factors of heart health. A variety of SBL health professionals will also be on hand to answer your questions about fitness, tobacco cessation, the Heart to Heart program, weight management, sleep disorders and diabetes.

 **Sarah Bush
Lincoln**

Reservations required.

Call 217-258-2420 or email jtruesdale@sblhs.org
by February 16.

heart to heart

A screening and
education program
for heart disease.



Heart to Heart is designed to increase awareness of heart health and wellness. It offers men and women an opportunity to have several cardiopulmonary screens performed that may reveal interrelated and potentially life-threatening diseases. An educational component helps participants understand and interpret the results of their screens.

**Heart to Heart offers the following screenings.
The cost of the basic program is \$95.**

- blood sugar
- blood pressure
- body mass index
- cardiac CT-calcium scoring
- coronary risk profile (cholesterol)
- electrocardiogram (EKG)
- kidney function
- prostate specific antigen (PSA)

**For an additional \$95, the following screens are
offered to detect peripheral vascular disease.**

- abdominal aortic ultrasound
- ankle brachial index
- carotid ultrasound

If you are interested in participating in Heart to Heart,
contact Sarah Bush Lincoln METS.

217-258-2238



“Wherever you go, go with all your heart.”

~ Confucius