

Pullman Aquatic &
Fitness Center

Family Healthy Heart Challenge

Those who earn 12 or more stickers at the end of the month will be rewarded for their dedication with:

- **Pool Party!**
Saturday,
March 6th
2:00- 4:00 pm
- Pass to bring another family with you to the Pool Party
- Entered into a raffle drawing

During the month of February, Pullman Aquatic & Fitness Center is joining the American Heart Association in recognizing heart disease awareness.

Fun Fact:

Not only does exercise help fight disease, it also creates a stronger heart—the most important muscle in your body!



Please join us in our Family Healthy Heart Challenge by picking up your heart at the information desk today!

Each time you exercise at the PAFC during the month of February, stop by the information desk to get a sticker to put on your heart.

