

*c'mon get happy!*

*the healthy heart*  
**Happy Hour**

at the  
Kentucky Center for African American Heritage

1701 W. Muhammad Ali Blvd., Louisville, KY 40203

Thursday, February 2<sup>nd</sup>  
4:00 to 6:00 p.m.

- Taste healthy soul food appetizers
- Cooking demonstrations
- Wellness screenings by Norton Healthcare Centers for Prevention & Wellness
- Meet Norton Healthcare's heart experts
- And more!

February is not only Women's Heart Month, it's also Black History Month. And since African American women are at greater risk for cardiovascular disease than any other ethnic group, come out to support both at this fun, insightful event.

*A healthy heart is a happy heart.*

Humana has partnered with leading video game developer Ubisoft to offer a great new way to exercise with the potential to earn rewards! The result is Your Shape<sup>®</sup>: Fitness Evolved 2012, a fun workout program to support healthy living. Together, Humana and Ubisoft are working to help people get active and live well every day. Try it out at the Healthy Heart Happy Hour.



KENTUCKY CENTER  
FOR AFRICAN  
AMERICAN HERITAGE



HUMANA



the **vimarc** group