

FEBRUARY IS AMERICAN HEART MONTH

HEART HEALTH FAIR JUMP ROPE CHALLENGE

WJMC Staff, Physicians, and the General Public are being challenged to jump rope in observance of American Heart Month. The top 3 challengers who log the most number of full jumps, in a 2-minute period, will be awarded a surprise gift card courtesy of the West Jefferson Hospital Foundation.

FRIDAY

FEBRUARY 23

10:30AM

West Jeff Fitness Center - Marrero
1121 Medical Center Blvd.

You may be competing against local TV news reporters, doctors, nurses, WJMC staff, and other community members.

To Register, E-mail Carol Hatchett:

carol.hatchett@lcmchealth.org



 **West Jefferson
Medical Center**

 **FITNESS
CENTER**

 **West Jefferson
Hospital Foundation**