



THE BEAT GOES ON

Discover what you can do to ensure your heart health! Everything from sodium intake and blood pressure to fiber and exercise, learn what steps you can take to reduce your risk of developing heart disease.

DISTRICT OFFICE

3/3/2020

1:00 - 2:00 pm

Room: A206

NORTHWEST

3/10/2020

11:00 - 12:00 pm

Room: A207

WEST CAMPUS

3/17/2020

1:00 - 2:00 pm

Room: JG02

DESERT VISTA

3/31/2020

11:00 - 12:00 pm

Room: F123

Sign Up at pcc.acuityscheduling.com



PimaCommunityCollege
Employee Wellness Program



Earn 2 PCC Wellness Opportunity Points
for the Pima Healthy Rewards Program