

**Dr. Pandey  
invites you to the  
2ND ANNUAL  
EXERCISE  
-A-THON!**

Cambridge Cardiac Care Centre 150 Hespeler Rd. Cambridge



**COME EXERCISE WITH  
YOUR DOCTOR!**

Low, Moderate, & High Intensity  
Workouts

- Aerobic • Strength Training
- Zumba • Dance
- Personal Training
- Meditation • 8 hr of Yoga
- Insanity & P90X workouts

3 simultaneous sessions

Try something new!

Teams & Individuals welcome!

**Saturday, February 21 • 7am-7pm**

**\$20 PER PERSON IN SUPPORT OF CAMBRIDGE CARDIAC REHAB.**

**REGISTER TODAY!** [healthyheartday@rogers.com](mailto:healthyheartday@rogers.com) **519-624-3511**