



News

Office of the Fire Chief Timothy M. Butler

100 East Eleventh Street Saint Paul, Minnesota 55101

July 29, 2009

Invest Saint Paul Community Days Celebrates a Healthy Heart

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For Immediate Release

Fire Station 4 at 505 Payne Ave. is hosting the fourth in a series of Invest Saint Paul Community Days events this **Thursday, July 30 from 5 to 7pm**. The theme will be Celebrate a Healthy Heart and will feature these **FREE** heart-healthy activities:

- Blood pressure checks
- Glucose & cholesterol screenings
- Chair massages
- Pedometers
- Fun fitness activities
- Prizes
- Healthy snacks
- Learn your Body Mass Index (BMI)

Heart disease is one of today's leading health risks. The City of Saint Paul and the Saint Paul Fire Department are promoting healthier lifestyles for our residents. Healthier living improves your quality of life, reduces the reliance on health care resources such as hospitals, clinics, and paramedics, and helps keep Saint Paul the Most Livable City in America.

In addition to the free health activities and opportunities to meet with Saint Paul's firefighters and paramedics, other city employees from various departments will be on hand to answer questions and provide information, from mortgage foreclosure prevention to parks and recreation center activities to tornado awareness.

Come and see how residents can have fun learning to live a healthier and happier lifestyle in the Most Livable City in America.

Please see the accompanying flyer for more information.