



You say you'll always be there. **Mean it.**

Heart disease is the leading cause of death in Americans and can strike without warning, taking people away from those they love. The good news is that heart disease can often be prevented. Providence is here to help.

How healthy is your heart?
Providence.org/MyRiskMyHealth



Quality Yoga

only \$75/month

All the yoga you want. *Everyday. Every month.*



Linda McKay
20 years experience



Kristie Cater
14 years experience



Jill Kieffer
25 years experience



Karen Wright
12 years experience



Rayna Morton
3 years experience



Meg Becker
12 years experience



Heidi Ribkoff
7 years experience

Hood River Sports Club

1330 Brookside Drive | 541.386.3230

www.hrsportsclub.com