

**WHEN YOU INVEST IN YOUR HEALTH,  
YOU'RE EARNING DIVIDENDS IN YOUR HEALTH BANK.  
MAKE DEPOSITS FOR A BETTER LIFE. MAKE WITHDRAWALS FOR A SHORTER ONE.**

# FEBRUARY

## IS HEART MONTH

### 2019 EVENTS CALENDAR



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SATURDAY, JANUARY 26<sup>TH</sup>

**NEWYORK-PRESBYTERIAN MEDICAL  
PROFESSIONAL CME PROGRAM**

8AM AT THE FAIRMONT SOUTHAMPTON  
5 International CME Credits Available.  
Medical Professionals Only.

SUNDAY, JANUARY 27<sup>TH</sup>

**BUTTERFIELD & VALLIS  
5K RUN & WALK**

FOR MORE INFORMATION PLEASE  
VISIT BV.BM OR RACEDAYWORLD.COM



**WEAR RED 1  
Tag Day**

Paint the town red and  
show your support to raise  
awareness of heart  
disease, Bermuda's #1 killer!



**WAYS TO DEPOSIT**

**BEE'S  
NINJA  
WARRIOR  
MYSTERY  
CHALLENGE**

10

2PM AT THE  
BOTANICAL  
GARDENS  
JOIN BEE FOR  
A DAY OF FUN  
TEAM-BASED  
PHYSICAL  
ACTIVITIES THE  
WHOLE FAMILY  
CAN ENJOY...  
NINJA STYLE!



**MARKET-  
PLACE HEALTH  
SCREENING**  
11AM-2PM  
MARKETPLACE  
HAMILTON

6

11AM-2PM  
MARKETPLACE  
HERON BAY

13

**WAYS TO  
WITHDRAW**



**MURDER  
MYSTERY  
FUNDRAISER**

9

7:30PM AT TUCKER'S  
POINT GOLF CLUB  
An interactive "whodunnit"  
dinner theatre event...can  
you crack the case?

**BERMY  
BOUNCE BACKS  
ENDURANCE CHALLENGE**

16

11am  
Location: To Be Determined  
Can you beat the Berm  
Bounce Backs team in a jump  
rope endurance challenge?

**BERMY BOUNCE JUMP ROPE CAMP, FEBRUARY 11<sup>TH</sup> - 15<sup>TH</sup>**

8:30am drop off | Location: To Be Determined | Visit our Facebook page at @jumpropebermuda for more info

**INVEST IN  
YOUR HEALTH**



11AM-2PM  
MARKETPLACE  
SHELLEY BAY

20

**YOUR HEALTH  
IS YOUR WEALTH**



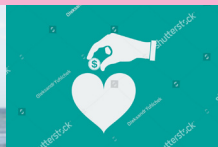
**HEART MONTH  
COMEDY NIGHT**

23

8pm at BMDS  
Laughter is good for the  
heart! A very special  
comedy night fundraiser.

**CHARLIE'S ELLIPTICAL MACHINE CHALLENGE, FEBRUARY 18<sup>TH</sup> - 22<sup>ND</sup>**

Location: All over Hamilton! | One man. One machine. Five Days. Fifteen hours. Charlie tests his endurance for charity.



11AM-2PM  
MARKETPLACE  
SOMERSET

27

SATURDAY, MARCH 2<sup>ND</sup>

**MUGZY'S DANCE-A-THON FUNDRAISER**

4Pm at The Dockside (Back Room) We're closing out Heart Month with a dance-a-thon  
extravaganza hosted by Anthony "Mugzy" Furbert. Grab a team and let's get moving!



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For more info contact Charles Doyle at

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FOR MORE INFO ON THE BERMUDA HEART FOUNDATION'S PREVENTION PARTNERS, PLEASE SEE OTHER SIDE OF GROCERY BAG.