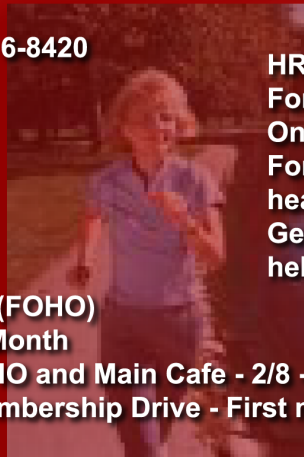


## Other HQ-Sponsored Heart Disease Prevention Activities

HR-30 sponsored  
DOE's Forrestal Employee Assistance Program  
sponsors a Walking Club 12-12:30pm daily  
Call for an appointment to discuss how to reduce  
stress in your life.  
Contact: Evelyn Joy 6-8420



HR-30 sponsored  
Forrestal and Germantown Health Units  
Ongoing Blood Pressure Screening Program  
Forrestal Room: GG-028 Extension: 6-9765  
healthunitfors@hq.doe.gov  
Germantown Room: A-075 Extension: 3-4275  
helathunitgtn@hq.doe.gov

Forrestal Fitness Facility (FOHO)  
Heart Health Awareness Month  
Free BP Screening at FOHO and Main Cafe - 2/8 - 14  
"Join Now, Pay Later" Membership Drive - First month @  
FOHO is Free!  
Call for details: 6-8402 or foho@hq.doe.gov



Germantown Fitness Facility (GOHO)  
American Heart Month  
Free BP Screenings, just stop in!  
Contact: Melissa Sinko 3-1538, or  
goho@hq.doe.gov