

Facilitator:  
Sam Baugh  
Local Cycling  
Enthusiast

# Heart of Cycling Clinic

**DATE: May 13-  
September 2, 2008**

**TIME: 6:30-7:30 p.m.  
every Tuesday  
WHERE: Clinton  
Community Center**

**COST: Free**

## **CHOLESTEROL SCREENINGS:**

Free Cholesterol Screenings are offered at the beginning and end of the program for registered participants. Participants 18 years and under must have parent/guardian present for Screenings.

**Need More Information?**

**Phone: 660-890-8451**

**Email: [Klasswell@gymh.org](mailto:Klasswell@gymh.org)**



## About the Program

A 16-week motivational clinic to help you progress as a beginning cyclist and maintain a healthy heart. Weekly group discussions with healthcare professionals on heart health, nutrition, injury prevention, training, bicycle maintenance, safety and much more.

Families Welcome. Children under 12 must be accompanied by adult.



### Mail registration to:

Golden Valley Memorial Hospital  
Attn: Kelly Lasswell  
1600 N Second St.  
Clinton, MO 64735

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Age (If under 18) \_\_\_\_\_

Phone: 660-890-8451  
Fax: 660-890-8453