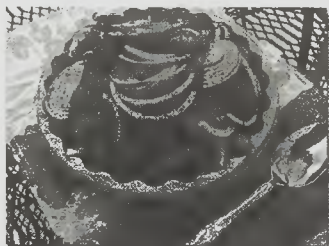


Start Leading A Healthier Lifestyle



Are you an adult with any signs of heart trouble, diabetes, obesity, high blood pressure, or stroke? Are you ready to make changes to live a longer healthier life? Well the HELPS (Healthy Exercise & Lifestyle Programs) program at Wake Forest University may be able to help you reach your goals—at a very reasonable cost—less than most fitness centers.

Doctors, scientists, and other health professionals supervise participants in this disease prevention program. HELPS strives to help adults in our community develop a healthy and active lifestyle through exercise and education programs. Monitored exercise sessions are available at our "State of the Art" facility, conveniently located next to Groves Sta-

dium in Winston-Salem, NC.

HELPS provides more than exercise. The programs create awareness for healthy living through quality wellness and education programs, and provide the extra support you need to create and maintain a program tailored specifically for your needs. You can reach your personal goals for a healthier lifestyle, and we will be glad to HELP!

HELPS provides a comprehensive health assessment, including an exercise "stress" test, an evaluation of dietary habits, body composition, cholesterol and lipids, as well as daily supervised exercise at the health and exercise science department's clinical research center.

This program began at Wake Forest University in 1975 as a premier heart-rehabilitation program in the United States. Dr. Paul Ribisl, chair of Wake Forest's health and exercise science department, and Henry S. Miller Jr., M.D., a cardiologist at the Wake Forest University School of Medicine received a grant from the American Heart Association to study and help heart patients. It was the first cardiac rehabilitation pro-

gram in North Carolina and one of the first in the country.

Don't miss out on:

- Health & Fitness Assessment
- Physical Activity
- Professional Consultations
- Nutritional Analysis
- Weight Loss

Other Services Available Are:

- Corporate Comprehensive Health & Fitness Assessments
- The HELPS participants like to get together throughout the year for special events and activities. Feel free to give HELPS a call at 336-758-5395 for more information or e-mail our Program Coordinator at shuttar@wfu.edu.



Happy Thanksgiving

Welcome HOME

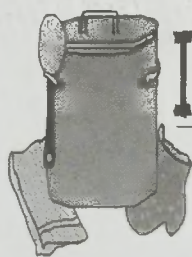


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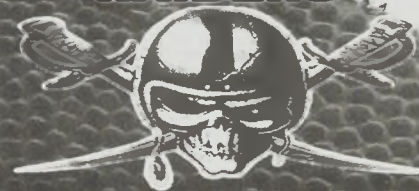
When you eat something good, remember where you got it!



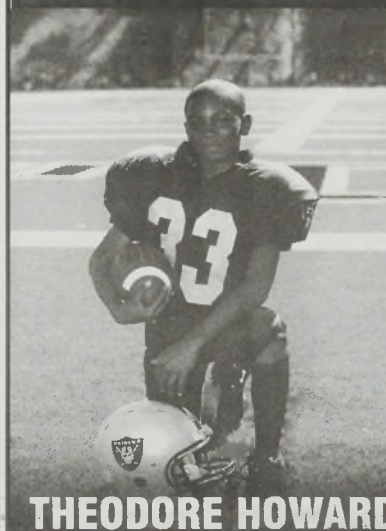
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