

# WATCHING FISH IS GOOD FOR YOUR HEART



**COUPON**



Did you know that watching tropical fish, sharks and other aquatic creatures in an aquarium can lower your blood pressure?

Did you know the pauses in your breathing at night due to untreated sleep apnea can increase your risk for heart problems?

To raise awareness for heart health in February, the Florida Aquarium and Sleep Apnea Treatment Centers of America created a special event to answer these questions and more!

**Come out on Saturday, February 22, 2014 from 11 a.m. to 2 p.m.,** get your blood pressure checked, take the STOP-BANG test to discover your sleep apnea risk and of course, enjoy all that the Florida Aquarium has to offer.

THE FLORIDA  
AQUARIUM   
DOWNTOWN TAMPA

 Sleep Apnea Treatment  
Centers of America®  
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