



FOR IMMEDIATE RELEASE

Jan. 15, 2010

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FAMILY FUN ACTIVITIES AT HAVE A HEART DAY

HUNTSVILLE, Ala. — Have you ever wanted to see what a real heart looks like or view your own heartbeat? Visitors can do that and more at *Have a Heart Day* at Sci-Quest, Hands-on Science Center on Saturday, Feb. 13 from 10 a.m. – 2 p.m.

Have a Heart Day is a fun opportunity to learn more about your heart and how to keep it healthy. Visitors will enjoy a day of heart-related activities at Sci-Quest ranging from Valentine's Day crafts to viewing a live sheep heart dissection. Children can view their own heartbeat using simple materials and make their own stethoscopes.

Sci-Quest educators will be on hand to explain why a balanced diet and exercise are both important to keep your heart healthy. Children will make a heart healthy snack and earn prizes for completing different heart healthy exercises.

Have a Heart Day is free with general admission to Sci-Quest. For more information about this event, visit www.sci-quest.org or call 256-837-0606.

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