

Reading Bi-Weekly Update February 6, 2014

The Hitching Post



Open at 494 Main Street Reading!

The Hitching Post thanks The Chocolate Truffle for sharing their shop space until The Hitching Post's 190 Haven Street renovations are complete.

Come to The Chocolate Truffle and find another of Reading's favorite shops: The Hitching Post! The Hitching Post has set up shop in The Chocolate Truffle until they are ready to move in to the newly renovated M.F. Charles building. Discover Reading's best kept secrets! Experience two relaxed, friendly local shops in the midst of your busy life. Inventory is carefully chosen by both shops with a focus on both tastefully delicious and usefulness and design. From classic to contemporary, you will find a unique selection of candy products, jewelry, home décor, pottery, accessories and more. Stop on by and say hi to Erica at The Chocolate Truffle and Leslie at The Hitching Post!

Avana Fish Market



Located at 589 Main Street

Avana Fish Market, operated by Avani Sushi, re-opened the end of last year. They offer a variety of fresh fish daily as well as daily specials. They have an extensive menu of cooked fish and sushi as well as fresh fish for you to take home and cook your favorite way! Stop by and visit Reading's newest fish market... you will be pleased! Their hours are Monday – Thursday: 11:00 AM – 10:00 PM; Friday – Saturday: 11:00 AM – 11:00 PM; and Sunday 12 Noon – 10:00 PM. If you have any questions or just want to know the daily specials...call 781-942-0069 or 781-942-0096.



One in three women will die from heart disease. That's approximately one woman every minute. These are sobering statistics, especially when you consider that heart disease kills more women each year than all types of cancer combined.

But thanks to Go Red for Women, more women are learning to recognize the early signs of cardiovascular disease, seeking treatment, and changing their lifestyles so they can live longer, stronger lives.



Kayci, once a lethargic and inactive college student, suffered from a heart condition that prevented her from participating in many typical college activities. After visiting an expert cardiologist, Kayci had a procedure to control her rapid heartbeat and get her life back on track.

Two years later, Kayci now has a full social life and has even run several 5K races -- something that her

previous heart condition had kept her from doing.

When you give to Go Red for Women, you help build awareness about heart disease, so that women -- even *young* women like Kayci -- can recognize the symptoms of this deadly disease and receive proper treatment before it's too late.

Find out how your donation will go toward helping women like Kayci. You only have until **midnight on February 7** to get involved, so please don't wait to make your generous gift.

On behalf of everyone at Go Red for Women, thank you for joining the fight against heart disease in women.

Sincerely,

The Go Red for Women Team

Questions: If you have any questions about all the activity going on around town... just ask and we will find you the answer!

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