


GO RED

for HEART HEALTH

CELEBRATE HEART HEALTH AWARENESS MONTH

FEBRUARY EVENTS

- February 8** **ACLS (Advanced Cardiac Life Support) CLASS**
8am Jehle Hall • St. Joseph's Hospital-Highland
- February 9** **NUTRITION LUNCH & LEARN - Heart Healthy Diet**
11am Cafeteria • St. Joseph's Hospital-Breese. Presented by a dietitian
- February 10** **WOMEN'S HEART HEALTH FAIR & FASHION SHOW**
6pm Hidden Lake Winery, between Aviston & Albers. Wine & appetizers, gifts, and a fashion show by Don Rodgers, Ltd. and Dress Me Up of Belleville. \$10 fee. Call 526-5396 to register. This event is a collaborative effort by all three hospitals in HSHS Division (Southern Illinois)
- February 12** **HEART HEALTHY FAIR AT  Eckert's**
9am-11:30am FREE Health screenings including fasting Lipid panel* (includes cholesterol, LDL & HDL, Triglycerides & Glucose), FREE cooking demonstration, educational presentations and heart health information. (*Pre-registration requested for Lipid panel. Call 618-234-2120, ext. 4639. 12 hour fast is recommended.)
- February 15** **HEART SAVER AND HEALTH CARE PROVIDER CPR**
6pm Jehle Hall • St. Joseph's Hospital-Highland
- February 16** **COMMUNITY EDUCATION EVENT with Cardiologist Dr. Shah**
7pm Jehle Hall • St. Joseph's Hospital-Highland
- February 17** **LUNCH WITH THE DOCTOR - SWIC/PSOP in Belleville**
11:30am Dr. Roop Lal, Cardiologist, to speak on congestive heart failure. Call 234-4410, ext. 7015 to make a reservation
- February 17** **DOWNTOWN DIVA NIGHT in Belleville**
5pm start Pick up \$5 passports at Governor French School and head out for a fun girls night! Sponsored by St. Elizabeth's Hospital-Belleville. Giveaways, Attendance Prizes and FUN!
- February 23** **EXERCISE LUNCH & LEARN - Heart Healthy Exercise**
11am Cafeteria • St. Joseph's Hospital-Breese. Educational presentation by certified athletic trainer Jamie Wagner.
- February 24** **"ART OF HEART CARE" Student Show Opening**
3-8pm Healthplex • St. Joseph's Hospital-Breese. Vote for Favorite of Show - nickel per vote - to benefit the American Heart Association



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