

Free Events in February! American Heart Month

Call 740.393.9621!

Hearth disease is the leading cause of death in the United States. We are pleased to offer a variety of educational events and screenings to raise awareness of what you can do to start protecting your heart. There is no charge for these events, but pre-registration is required. Call 393.9621 to register.

Go Red for Women Lunch

♥ Friday, February 5, noon
Education Resource Center

“Women and Heart Disease”

Presenter: Cindy Baker, MD, FACC
Board-Certified Cardiologist

Wellness to Go Lunch

♥ Friday, February 12, 12:30 pm
Center for Rehab & Wellness

“Love Your Heart, Learn Your Risk Factors”

Presenter: Tammy Joseph, BSN, RN

HealthTalk

♥ Tuesday, February 9, cafeteria
6 pm, screenings & refreshments
7 pm, lecture

“South Beach Heart Diet”

Presenter: J. Pala, MD, FACC, FSCAI
Triple Board-Certified Cardiologist

20-Minute Heart Checks (\$20)

Saturdays February 13 and 27 at Knox Community Hospital

♥ 7:30 am until noon

Lipid panel, glucose check, BP check, body mass index screening
Appointments are necessary. Call 393.9690

Vascular (Blood Flow) Screening

♥ During February, vascular screenings
are specially priced — two for \$65!

(single screenings in February \$35)

Identify potential risk factors associated with stroke, peripheral arterial disease and abdominal aortic aneurysm. Schedule a screening for yourself and someone you love — it could save a life!

Appointments are necessary. Call 393.9690

Note: Limited appointments available.

Knox Community 
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