PRESENTS:
HEART SMART SATURDAY FEATURING
DAY OF DANCE
SATURDAY, FEBRUARY 26, 8 A.M. TO 2:30 P.M.
THE SHOPS AT WILLOW BEND

It's time to take charge of your heart health and live a longer, stronger life. Start by learning about your own risks, discover new ways to improve your diet, and hear about the latest advances in cardiovascular health.

Heart smart Saturday includes “everything you ever wanted to know about heart disease and stroke.” Get the latest heart information and take part in FREE health screenings.

February Special Events

TUE
FEB 1
12:30 PM
H2U Health Break
TMCP Auditorium
Building III, Suite 315
“Exercise … The Best Tune-Up for the Heart”
Join us for dessert and coffee as TMCP Cardiac Rehab staff present information about exercise. Find out what exercise is best for your heart and how much is needed to maintain good heart health. They will recommend different types of exercise which are good for all ages. Please call 972.519.1275 for reservations.

THU
FEB 10
6:30 PM
TMCP Auditorium
Building III, Suite 315
“What is Angina or a Heart Attack?”
What you need to know to save your life! Learn when to call 911. The signs and symptoms of heart attack and the Plano EMS advanced services that keep you alive will be discussed. Please call 972.519.1437 for reservations.

SAT
FEB 12
9:00 AM
2nd Cup of Coffee Lecture Series
The Shops at Willow Bend in the Communication Court
“How can we reduce our risk of a stroke?”
Many factors in our lives can contribute to our risk of stroke. A medical professional will discuss how to recognize these factors and take action to eliminate them. Learn the signs and symptoms of stroke and how to act F.A.S.T. For reservations, call 214.473.7317.

MON
FEB 14
6:30 PM
Spirited Women
The Shops at Willow Bend in the Grand Court
“Hearts Beating in 3/4 Time”
It’s February 14th, and we want Spirited Women to celebrate this holiday in a very special way. Join us in the Grand Court at The Shops at Willow Bend for a special presentation by Gregory Messner, D.O. Bring your spouse or your best friend to learn about the differences between the male and female heart. Kick up your heels and enjoy dancing! An educational presentation and refreshments add to this evening of celebration. For reservations, call 214.473.7317.

THU
FEB 17
6:30 PM
TMCP Auditorium
Building III, Suite 315
“Family and Friends CPR for Adults”
Presented by the American Heart Association. New guidelines for CPR make rapid compressions the mainstay of basic life support for bystanders awaiting first responders. Learn how to provide compression-only CPR. Please call 972.519.1437 for reservations.

FREE SCREENINGS FROM 8 A.M. TO NOON
Cholesterol and glucose testing (must be fasting)
Heart rhythm checks
Blood pressure
Stroke risk assessment
PAD risk assessment
Posture and balance checks
Grip strengths
Ask a pharmacist

HeartLink at The Medical Center of Plano

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