



4 Days 'til Go Red! National Wear Red Day Friday, February 4th

The Medical Center of Plano is proud to partner with the American Heart Association to promote **FEBRUARY** as Heart Disease Awareness Month. Since our theme this year is **Keys to Heart Health**, we've designed a campaign that will give you "key" information to keep your heart functioning at its best. The campaign includes a series of Heart Bytes, FREE seminars and culminates with a community HEART SMART HEALTH Fair. All these "keys" will give you the information YOU need to Live Better Longer!

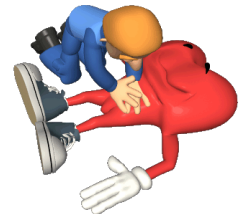
MARK YOUR CALENDAR . . .

Thursday, February 10: "Is It Indigestion or a Heart Attack?"

What you need to know to save your life! Learn when to call 911, the signs and symptoms of heart attacks and the Plano EMS advanced services that keep you alive will be discussed.

Thursday, February 17: "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.



These February Special Events will be held in The Medical Center of Plano Auditorium, Building III, Suite 315, at 6:30 p.m. Please call 972.519.1437 for reservations.

Monday, February 14: "Hearts Beating in ¾ Time"

It's Valentine's Day, 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 at 6:30 pm** for a special presentation by Gregory Messner, M.D. Bring your spouse or your best male 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.



The Medical
Center of Plano