



# HEART SMART SATURDAY

**February 25<sup>th</sup>**  
**The Shops at Willow Bend**  
**6121 West Park Blvd., Plano**  
**8:00 a.m. – 3:00 p.m.**

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.

**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
- Body fat analysis
- Posture and balance checks
- Grip strength
- Ask a pharmacist

**Day of Dance from 9:30 a.m. to 3:00 p.m.**

This national event celebrates the benefits of dance as a way to enjoy life and exercise to prevent heart disease. Wear your dancin' shoes and get ready to shake, rattle, and roll!

*Steps to a healthier life are just a dance away!*



**The Medical  
Center of Plano**