



HeartLink

at The Medical Center of Plano

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.



FROM 9:30 A.M.
TO 2:30 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!

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 strengths
- Ask a pharmacist

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.

Friday, February 4 is National Wear Red Day!
 National Wear Red Day is a day when Americans nationwide unite in the lifesaving movement and lend their support to heart disease awareness by showing off a favorite red dress, shirt, tie, scarf, or any other red item.

THU FEB 10 6:30 PM
TMCP Auditorium
Building III, Suite 315
"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 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
"Don't Have 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 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 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.

SUN FEB 20 2:00 PM
SPIRIT GIRLS
TMCP Auditorium
Building III, Suite 315
"The Heart of a Tween"
 Learn about the healthy heart of a "Tween" . . . How does it work and how does it "tick?" A physician will explain how our hearts change as we move from a child to adolescence and adulthood and the most important things you can do now to help enjoy a life full of many heart-healthy moments! A Friends and Family CPR class for moms and girls will be offered. Reservations required due to materials needed for CPR. For reservations, call 214.473.7317.

SUN FEB 27 3:15 PM
NEW MOMS' TEA
TMCP Auditorium
Building III, Suite 315
"Putting the Sizzle in Your Marriage"
 February ...the month for sweethearts! As a new mom, you may not feel as sizzling as you did before you were a parent. Join Sunita Singh, M.D. from Women'sLink Support Services to discuss hypoactive sexual desire disorder. She will explain the causes and treatments for this disorder and give you tips to help put the romance back in your life. For reservations, call 214.473.7317.



The Medical Center of Plano

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