



Go Red! National Wear Red Day

Friday, February 7th

Heart Smart Saturday, February 8th



The Medical Center of Plano

8am to Noon

Main Hospital, 3901 West 15th Street

Don't miss the signature event of our observance of American Heart Month. Take advantage of no-cost screenings and view cooking demonstrations and exhibits brimming with practical information on the latest advances in cardiovascular care and on eating a heart-friendly diet. It's a great opportunity to learn more about heart health and pick-up tips that will help every member of the family stay in top shape.

Know Your Numbers screenings include:

- Cholesterol (fasting required)
- BMI (body mass index)
- Body fat/Weight
- Physician lectures on the latest heart-health information
- Refreshments
- Blood pressure
- Waist Measurement
- Hands-only (adult) CPR instruction
- Cardiac Cath Lab & Electrophysiology Lab demonstrations

Heart Smart Saturday will include everything you ever wanted to know about heart disease and stroke, all under one roof. To learn more, call 972.519.1307