

One Heart. BE SMART.

February is American Heart Month and preventing heart disease means making smart choices today that will pay off for the rest of your life.

Anyone at any age can benefit from these simple steps:

Eat a healthy diet

Be physically active

Learn the warning signs
of a heart attack or stroke

What's your heart health?

Talk to one of our doctors today. **One heart. Be smart.**

**CENTRAL CAROLINA
HOSPITAL**

A Duke LifePoint Hospital

Healthy Heart FAIR

**1135 Carthage Street
Sanford, NC 27330**

**February 14, 2018
7-10 am**

- Free Lipid and Glucose Screening – 7-9 am (Appointment required. Call 855.291.2273 to schedule appointment.)
- Smoking Cessation & Obstructive Sleep Apnea Education
- "Ask the Dietitian" - information about wellness and nutrition
- "Ask the Pharmacist" - information about medications
- Heart Friendly Cooking Demo by Morrison Healthcare
- Cardiac & Stroke Awareness
- Cardiac Procedure & Testing Education
- Cardiopulmonary Rehab Program – What is it, and how do I get started?
- CPR Demo and When to Call 911 – What to expect when EMS arrive
- Nutritional Supplement Information
- Lee County YMCA
- Central Carolina Physician Practices