

Let's Celebrate Heart Month!

Fun, free events throughout February
presented by The Medical Center of Plano

HEART SMART SATURDAY

Presented by HeartLink™
at The Medical Center of Plano

WHEN: Saturday, February 25, 8 a.m. to 2:30 p.m.
WHERE: The Shops at Willow Bend, 6121 West Park Blvd., Plano



HeartLink™
at The Medical Center of Plano

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 get the latest advances in cardiovascular health. **Heart Smart Saturday featuring Day of Dance** 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 health screenings will be available from 8 a.m. to noon:

- Cholesterol and glucose testing (fasting required)
- Heart rhythm checks
- Blood pressure
- Stroke risk assessment
- Body-fat analysis
- Posture and balance checks
- Grip strength

It's also **Day of Dance!** This national event celebrates the benefits of dance as a way to enjoy life and exercise to prevent heart disease.



MON FEB 13 6:30 PM **Girlfriends, Giggles & GO RED!**

The Shops at Willow Bend

Join us at The Shops at Willow Bend for a **Red Dress Fashion Show** presented by Macy's. Guest speaker **Erica Annise**, a local and nationally recognized model, will share her personal story of heart disease. Bring your girlfriends and an evening of fashion and inspiration! For reservations, call **214.473.7317**.

KNOW YOUR HEART

Join us for our annual **Heart Smart Lecture Series**. All seminars are held in the Main Hospital's 2nd Floor Classrooms. For more information and reservations, call **972.519.1437**.

THU
FEB
2
7:00
PM

Heart Health for the Adolescent Athlete

Presented by **Rajjit Abrol, M.D.**, Medical Director of Cardiac Electrophysiology Services, and **James Frame, M.D.**, Emergency Department

What causes sudden illness and sometimes death in young athletes? Dr. Rajjit Abrol and Dr. James Frame discuss what all parents, coaches, and school nurses should know about heart health and athletics.

THU
FEB
9
7:00
PM

New Technology in the Treatment of Heart Disease

Presented by **Thomas Hoang, M.D.**

Learn how robotics is being used to enhance treatment of heart disease at The Medical Center of Plano. Cardiac thoracic surgeon Dr. Thomas Hoang discusses the advantages this new technology brings to patients having heart surgery.

MON
FEB
13
6:30
PM

Men's Heart Health

Presented by **Marc Krock, M.D.**

Join us for our monthly **Focus on Men's Health** series. Exercise is one of the key elements in maintaining good cardiac function. Cardiologist Dr. Marc Krock will discuss the importance of exercise and strategies to include activity in your daily regimen. Call **214.473.7317** for reservations for this seminar only.

THU
FEB
16
7:00
PM

Cardiac Wellness & Focus on Prevention

Presented by **Akram Khan, M.D.**

Medicine is turning towards prevention of heart disease with the emphasis on education and proactive health screenings. Dr. Akram Khan, Cardiologist and Medical Director of Preventive Medicine at The Medical Center of Plano, discusses the paradigm shift and its impact on the future of heart disease.



The Medical Center of Plano

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