



YOUR AMERICAN HEART

MARK YOUR CALENDAR!

Thursday, Feb 9

“New Technology in the Treatment of Heart Disease”

7:00 p.m., 2nd Floor Classrooms in the main hospital. For reservations call 972-519-1437.

Join **Thomas Hoang, M.D.**, Cardiothoracic Surgeon at The Medical Center of Plano, to learn how robotic technology is being used to enhance treatment of heart disease and improve the quality and longevity of life.

Monday, Feb 13

“Spirited Women: Girlfriends, Giggles & Go Red”

6:30 p.m., Shops at Willow Bend.

For reservations call 214-473-7317.

Join us for a Red Dress fashion show recognizing February as National Heart Month. A local model will be our special guest speaker and she will share her personal experience with heart disease and its symptoms unique to women.



Monday, Feb 13

“Focus on Men’s Health: Move it or Lose It”

6:30 p.m., 2nd Floor Classrooms in the main hospital.

Join **Mark Krock, M.D.**, Cardiologist at The Medical Center of Plano, to understand why getting active is one of the keys to “Life’s Simple Seven” and maintaining a strong and healthy heart. Dr. Krock will suggest ways to include exercise in your daily regimen.

Thursday, Feb 16

“Cardiac Wellness & Focus on Prevention”

7:00 p.m., 2nd Floor Classrooms in the main hospital. For reservations call 972-519-1437.

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



The Medical Center of Plano