

*Celebrate Heart Health the whole
month of February 2012*



Heart Health Workshops

Wednesday, February 1– 11:30 a.m.

at IU Health West Hospital

Lunch & Learn Free Screening

Wednesday, February 8—2:00 p.m.

at Hendricks County Senior Center

Cooking Heart Healthy with a registered dietitian

Wednesday, February 15—2:00 p.m.

at The Hearth at Prestwick

***Know Your Numbers* (blood pressure, BMI)**

Wednesday, February 22 8:30a.m.

at Plainfield Recreation and Aquatic Center

Diabetes and Heart Disease

Free blood pressure and A1C screenings for
appropriate patients

Wear Red Luncheon

Wednesday, February 29, 2012

Hendricks County Senior Center, noon;

Dr. William Gill, MD, keynote speaker; focusing
on heart disease prevention, women's heart health,
latest diagnosis and treatments ; Q & A



West Hospital

