YMCA Heart Health Days 7:30 – 11:00 AM
Join us at a YMCA facility near you. Featuring free cholesterol screenings (while supplies last), blood pressure checks, heart health education and more. YMCA membership is not required, but pre-registration for cholesterol screenings is required. Call 350-7132 to register.
February 6 • Banks D. Kerr Family YMCA, 2500 Wakefield Pines Drive, Raleigh
February 14 • Cary Family YMCA, 101 YMCA Drive, Cary
February 22 • A.E. Finley YMCA, 9216 Baileywick Road, Raleigh

Dance for Your Heart
Dance your way to a heart healthy lifestyle! WakeMed Health Specialist Laura Aiken will share exercises aimed at improving balance, agility and flexibility. Dancers from the Sassy Classics Senior Rockettes group will give a special performance complete with tips from their workout routine.
February 15 • 8:30 AM • Crabtree Valley Mallwalkers, Crabtree Valley Mall Promotional Court (lower level near Sears)
February 20 • 8:00 AM • Cary Towne Center Cruisers, Cary Towne Center Food Court

Generations of Heart Disease 6:30 – 8:00 PM
It's never too early or too late to start thinking about your heart health! Susheel Atree, MD, and Jack Newman, MD, explore how each decade of your life impacts your heart health. You'll also hear recommendations on how to get to the heart of better overall health.
February 15 • WakeMed North Healthplex, 10000 Falls of Neuse Road, Raleigh

Healthy Hearts for Women 12:00 – 1:00 PM
Terry Davis, RN, from WakeMed's Healthworks provides an overview of what women need to know in order to take care of their hearts. Learn how to take steps to lower your personal risk of heart disease.
February 19 • WakeMed Heart Center Conference Center, 3000 New Bern Avenue, Raleigh

When to Take Chest Pain Seriously 6:30 – 8:00 PM
Would you know what to do if someone appeared to be having a heart attack? Do you know the warning signs and symptoms? Find out more on treating a cardiac event from physical experts Bruce Usher, MD, Wake Heart and Vascular Associates, and Wake Emergency Physicians, PA.
February 19 • WakeMed Cary Hospital Conference Center, 1900 Kildaire Farm Road, Cary

Heart Smart Nutrition 6:30 – 7:30 PM
Get the basic facts on the most current heart-healthy nutrition information available from Kristen Laine, RD, from WakeMed Cary Hospital's Food & Nutrition Services.
February 21 • WakeMed Cary Hospital, 1900 Kildaire Farm Road, Cary

Living with Heart Failure 6:30 – 8:00 PM
If you or someone you know has heart failure, you know what daily living challenges come with this diagnosis. This seminar provides an overview of heart failure, how it is managed, and tips for a better quality of life so you can live each day to the fullest.
February 27 • WakeMed Heart Center Conference Center, 3000 New Bern Avenue, Raleigh

Diabetes and Heart Disease 6:30 – 8:00 PM
Don't miss this program that provides explanations of how diabetes affects the heart from Brian Go, MD, of Raleigh Cardiology Associates, as well as tips to lead a heart healthy life from the WakeMed Diabetes Management Program staff.
March 8 • WakeMed Heart Center Conference Center, 3000 New Bern Avenue, Raleigh

WakeMed Heart Center. This February, during American Heart Month, WakeMed Heart Center is stepping out and sharing what we know about taking good care of your heart. Surgery. Procedures. Risk factors. Healthier eating options. Exercise. Blood pressure. Cholesterol. You name it, we’re here for you. With free seminars, screenings and events. All designed to help you and your loved ones take the first step toward a healthier heart. To learn more or to register for any seminar or event, call 350-7827. Or visit us at hearts.wakemed.org. The power to heal. A passion for care.