



# Hearty Events

Every heart tells a story. And at Paris Regional Medical Center, our goal is to help your heart tell a healthy story. In honor of American Heart Month in February, here are our heart healthy events.



Thursday, February 4

## **Cholesterol Screening**

Find out your cholesterol level with a simple screening at Primetime Senior Center, 1128 Clarksville, Suite 100, from 8:00 - 9:30 a.m. First 100 get screened free.



Friday, February 5

## **National Wear Red Day**

Join millions of Americans who will wear red that day to show their support in the fight against heart disease, this nation's number one killer.



Thursday, February 11

## **HeartSaver CPR Class**

Heart attacks can strike at any moment. Learn how to save a life in this CPR class on the PRMC North Campus, Lewis Hall, 6:00 - 8:30 p.m.



Saturday, February 13

## **American Heart Walk on the Trail de Paris**

Give your heart a work out! In honor of football coaching icon Gerald Jack, the Trail de Paris starts at PRMC's Cardiac Rehab Center at 3150 Clarksville St. Registration is at 10 a.m., and the walk begins at 10:35 a.m. All donations benefit the American Heart Association.



Thursday, February 25

## **"Eat This, Not That for Heart Health"**

Having a healthy heart doesn't mean a bland diet. Learn about flavorful eating habits with this informational seminar from Syd Johnston, PRMC Dietician, at PRMC's North Campus, Lewis Hall, at 6 p.m.



**The Heart Hospital**  
at Paris Regional

[www.parisheart.com](http://www.parisheart.com)

For more information, call 903-737-3215.