



Show Your Heart Some Love: Panel Discussion & Dinner

Tuesday, Feb. 28, 2017 | 5:30-8:30 p.m.

Embassy Suites Cleveland-Rockside
5800 Rockside Woods Blvd. | Independence | Ohio | 44131



Attendees
can enter to
win a Vitamix
blender.

Don't miss this opportunity to hear renowned experts share tips on how to enjoy heart-healthy living at every stage of life.

Hear an expert panel from Cleveland Clinic's Sydell and Arnold Miller Family Heart & Vascular Institute share clinical insights and answer questions on how best to protect your heart.

Prior to the panel discussion, enjoy free health screenings, booths with healthcare information you need to know, and a delicious, heart-healthy dinner.

Join us — and show your heart some love!



5:30-6:30 p.m.

Take advantage of free blood pressure screenings. Browse our information booths and vendors.

6:30 p.m.

Enjoy a heart-healthy dinner.

7 p.m.

Listen to a panel presentation and discussion with Cleveland Clinic experts.

Cost: \$20 (includes meal) | Registration is required. All major credit cards accepted. Checks must be mailed by Feb. 5, 2017.

To register, please visit Clevelandclinic.org/heartevent.
For assistance in registering, please call 440.312.4804

Government & Community Relations: February Heart Health Programs Offered Across Northeast Ohio

Protect Your Heart: Know Your Numbers

Safeguard your heart and take charge of your life by learning how to implement preventive steps and adopt a healthy lifestyle. This FREE program helps you identify your risk factors, and teaches you the effects that high blood pressure, cholesterol, blood sugar and being overweight can have on your quality of life.

Thursday, February 2, 2017 | 6:00 - 7:00 p.m.

Medina Community Recreation Center
855 Weymouth Rd, Medina, OH 44256
To register, visit www.ccf.org/HealthyHeartMedina

Wednesday, February 15, 2017 | 3:30 - 6:30 p.m.

Warrensville Heights Senior Center & Civic Center
4567 Green Road, Warrensville Heights, OH 44122
FREE blood pressure screenings!
To register, visit www.ccf.org/HealthyHeartSP

Wednesday, February 15, 2017 | 5:00 - 7:00 p.m.

French Creek Family YMCA
2010 Recreation Ln, Avon, OH 4401
FREE blood pressure and BMI screenings!
To register, visit www.ccf.org/HealthyHeartAvon

Thursday, February 16, 2017 | 1:00 p.m. - 2:00 p.m.

Strongsville Senior Center
18100 Royalton Rd, Strongsville, OH 44136
To register, visit www.ccf.org/HealthyHeartStrongsville
or call 440.580.3275.

Tuesday, February 21, 2017 | 10:00 - 11:30 a.m.

Garfield Heights Civic Center
5407 Turney Road, Garfield Hts, OH 44125
FREE health screenings!
To register, visit www.ccf.org/HealthyHeartMarymount

Tuesday, February 21, 2017 | 1:00 - 3:00 p.m.

Stephanie Tubbs Jones Health Center
13944 Euclid Avenue, East Cleveland, OH 44112
FREE healthy heart screenings!
To register, visit www.ccf.org/HealthyHeartSTJ

Wednesday, February 22, 2017 | 5:00 - 7:30 p.m.

Lutheran Hospital Castele Learning Center
1730 West 25th Street, Cleveland, OH 44113
FREE healthy heart screenings!
To register, visit www.ccf.org/HealthyHeartLutheran

Tuesday, February 21, 2017 | 5:30 - 7:00 p.m.

Brunswick Family Health Center
3574 Center Rd, Brunswick, OH 44212
FREE healthy heart screenings!
To register, visit www.ccf.org/HealthyHeartBrunswick

Wednesday, February 22, 2017 | 5:30 - 8:30 p.m.

Ross C. DeJohn Community Center
6306 Marsol Rd, Mayfield Heights, OH 44124
FREE blood pressure screenings & stroke risk assessments!
To register, visit www.ccf.org/HealthyHeartHillcrest

Tuesday, February 28, 2017 | 6:30 - 8:00 p.m.

Euclid Public Library
631 East 222 Street, Euclid, OH 44123
To register, visit www.ccf.org/ProtectYourHeart

Fit in Fairview: 4 Weeks to a Healthy Heart

Wednesday, February 1, 2017 | 5:00 - 8:00 p.m.

Let's Measure It! - Healthy Heart Screenings for Total Cholesterol, Blood Glucose, Blood Pressure and Body Mass Index.

Wednesday, February 8, 2017 | 6:00 - 8:00 p.m.

Let's Learn It! - Esteemed Cleveland Clinic Cardiologist Dean Nukta, MD will present on current heart treatments, and what your heart numbers mean.

Wednesday, February 15, 2017 | 6:00 - 8:00 p.m.

Let's Move It! - Presentation and 1:1 sessions with athletic trainers/fitness instructors to develop an individualized plan of action.

Wednesday, February 22, 2017 | 6:00 - 8:00 p.m.

Let's Lose It! - Presentation by a Cleveland Clinic registered dietician on how to start a nutritional program that will optimize weight loss safely.

All sessions take place at:

Gemini Center - Fairview Park Recreation Center
21225 Lorain Rd, Fairview Park, OH 44126.

To register go to activityreg.com and select Ohio, and Fairview Park Recreation. Or call 440.331.0618.