

Heart Month

Learn and Live

February marks the start of American Heart Month. To raise awareness and educate our community about heart health, Henry Mayo Newhall Hospital has a full slate of activities throughout the month.

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| Wednesday, February 1 | Kick Off Heart Health Month! - Visit the Community Education department at the Henry Mayo Center and Patient Tower from 11 a.m. to 2 p.m. |
| Thursday, February 2 | Heart Attack: Prevention, Treatment and Recovery - Learn risk factors and how to prevent heart attacks from 3 - 4 p.m. |
| Friday, February 3 | Wear Red Day! - Wear red to raise awareness of heart disease. Use the hashtag #HMWearRed and tag @HenryMayoHosp on social media! |
| Monday, February 6 | Plant-Based Eating for Optimal Health - Discuss how plant-based recipes help reduce risk for heart disease from 2 - 3 p.m. |
| Monday, February 13 | Portfolio Diet: How to Lower Cholesterol - Learn how to incorporate foods that lower cholesterol into your eating from 10 - 10:30 a.m. |
| February 13 - 19 | National Cardiac Rehab Week - This week, we celebrate our team at the Cardiac Rehabilitation Center who make a profound impact on patients! |
| Wednesday, February 15 | Heart Healthy Nutrition - Learn the American Heart Association's guidelines for healthy living from 11 a.m. to 12 p.m. |
| Friday, February 17 | American Red Cross Blood Drive - Donate Blood at the Henry Mayo Center from 7 a.m. to 7 p.m. Donate to help save lives! |
| Monday, February 20 | Heart Surgery: What You Need to Know - Learn how to prepare for surgery, recovery, and how to adjust your lifestyle from 1 - 2 p.m. |
| Tuesday, February 21 | Community CPR - Stop by the Henry Mayo Center to learn CPR, a crucial life-saving skill from 5 - 8 p.m. |
| Wednesday, February 22 | Healthier U: Targets to Your Heart - Learn about target heart rates during physical activity from 4 - 5 p.m. |
| Wednesday, February 22 | Girl Talk: A Woman's Health Series - Talk to medical experts about women's heart health in a casual environment beginning at 5:30 p.m. |
| Monday, February 27 | Heart Failure: Everything You Need to Know - Learn what heart failure means and how to manage this condition from 2 - 3:30 p.m. |
| Month of February | It's Your Health Podcast - Listen to several podcast episodes related to heart health. Visit henrymayo.com/itsyourhealth to listen now! |

For class schedules or to register, visit henrymayo.com/classes-events/.

Participants who attend three or more classes will be entered to win a gift card. Winner will be notified March 3.

