

# HEART AWARENESS MONTH

at Powers Health



## POWER WALK WITH POWERS HEALTH

Tuesday, Feb. 3

Noon: Check-in; 12:30 pm: Warm-up

1 pm: Walk starts

Community Hospital Fitness Pointe Indoor Track

9950 Calumet Ave., Munster

Join us for a walk to get your heart pumping. Warm up with Fitness Pointe staff, finish a 2K or 5K. Membership is not required.

## START YOUR DAY THE HEART-HEALTHY

### WAY - NATIONAL WEAR RED DAY

Friday, Feb. 6; 9-11:30 am

St. Catherine Hospital POB Conference Room

4320 Fir St., East Chicago

Join us for a healthy morning meal as we discuss the relationship between stress and heart disease. Wear red to show your support.

## LET'S GET PHYSICAL

Tuesday, Feb. 10; 9-11 am

Thursday, Feb. 12; 1-3 pm

St. Catherine Hospital Cardiac Rehabilitation Gym

4321 Fir St., East Chicago

Get that heart pumping with low-impact cardio exercises.

## KNOW YOUR NUMBER BY HEART

Tuesday, Feb. 10; 10 am-noon

Thursday, Feb. 12; 2-4 pm

St. Mary Medical Center Cardiac Rehabilitation

1354 S. Lake Park Ave., Hobart

Keeping your blood pressure in check is key to good heart health. Stop by for a free blood pressure screening. Registration is not required.

## GOOD EATS FOR YOUR HEART-TASTY SNACKS

Thursday, Feb. 19; 1-2:30 pm

Powers Health Rehabilitation Center

Main Entrance, Community Room

10215 Broadway, Crown Point

Powers Health chefs and dietitians share healthy dishes.

## INNOVATIVE CARDIOVASCULAR PROCEDURES

Thursday, Feb. 26; 4-5:30 pm

St. Mary Medical Center West Entrance, Auditorium

1500 S. Lake Park Ave., Hobart

Learn about the latest breakthroughs in heart health.

TO REGISTER FOR THESE FREE  
PROGRAMS, CALL 219-836-3477  
OR SCAN THE QR CODE.

