

February is

# Heart Month



Alaska Regional is dedicated to preventing and treating heart disease—the number one killer of adults in the United States and major cause of disability for survivors who do not receive treatment early enough.

We believe education is the first step in achieving good health. Attend one or all of our Heart Month activities and you'll be on your way towards a healthier heart!

Heart Month events are FREE and open to everyone.

Seating is limited. Please **reserve your space** for seminars by calling 264-1113 or email [audry.patrick@hcahealthcare.com](mailto:audry.patrick@hcahealthcare.com). Visit [alaskaregional.com](http://alaskaregional.com) and our Facebook page for updates.

Friday,  
February 6  
7-8:30 am  
Classrooms

[Go Red for Women Breakfast & Seminar](#)  
"When in Doubt...Seconds Count"  
*Kimberly Verreydt, Heart Attack Survivor & Sports Massage Therapist, Advanced Body Solutions, Inc.*  
Please wear red. Men are welcome to attend.

Wednesday,  
February 18  
6 pm, Ivy Room

["Guidelines for a Heart Healthy Game Plan" Seminar](#)  
*J Ross Tanner, DO*

Thursday,  
February 19  
6 pm, Ivy Room

["Is Sleep Apnea on YOUR List of Risk Factors?" Seminar](#)  
*Shelli Cutting, RPSGT, RST*

Saturday,  
February 21  
8 am-noon  
Ivy Room

[Saturday Morning Workshops](#)  
Hands-Only CPR Sessions  
"ABC's of Heart Attack Prevention" Seminar  
"Can Nutritious Be Delicious?" Food Demonstration  
"Stress-Less" Seminar  
And more!

Wednesday,  
February 25  
6 pm, Ivy Room

["Survive, Don't Drive - Call 9-1-1" Seminar](#)  
*Michelle Husberg, RN*

Thursday,  
February 26  
6 pm, Ivy Room

["Butter is Back - Really?" Seminar](#)  
*Jennie Simpson, RD, LD, CDE*

NOT BIGGER  
JUST BETTER



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HOSPITAL

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