

A FAIR OF THE HEART

FREE HEALTH FAIR

EDUCATION, ACTIVITIES & SEMINARS

Saturday, February 17th, 2018 | 8 a.m. - Noon
Alaska Regional Hospital, Main Lobby, First Floor

JOIN US

Heart health fun!

Two floors of FREE exhibits offer information about heart disease signs, symptoms and treatment.

- One-on-one with Alaska Regional staff
- Blood pressures and other biometrics
- Refreshments and giveaways
- Cath Lab tours
- Chair massages
- Mini seminars

FREE LABS

Fasting is **NOT** required!

Alaska Regional is dedicated to preventing and treating heart disease—the #1 killer of adults. FREE blood tests are offered to help detect potential health risks. Please RSVP to the ARH Event Registration Hotline at 264-1722 for a lab appointment (15 minute time blocks).

- Lipid profile to assess cardiac risk (cholesterol, LDL, HDL, triglycerides)
- HbA1c average for three-month blood sugar levels

HANDS ONLY CPR TRAINING

(Not for Certification)

Classrooms 1 & 2, Medical Office Building E

Anyone can learn hands only CPR - and everyone should! The life you save with CPR is likely to be someone close to you. Sessions begin every 40 minutes from 8-11:20 a.m.



INFORMATION

Ruth Townsend 264-1823

Email akregionalnews@HCAHealthcare.com