

# A FAIR OF THE HEART

## FREE HEALTH FAIR

EDUCATION, ACTIVITIES & SEMINARS

Saturday, February 11<sup>th</sup> | 8 a.m. - Noon  
Alaska Regional, 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 pressure screenings
- Chair massages
- Mini seminars
- Hands-only CPR training  
(Not for certification.)
- Refreshments and giveaways!

### 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 bring a pre-addressed label for registration.

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

### INFORMATION

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