

Penn State Hershey
Heart and Vascular Institute
offers a variety of community
programs to improve cardiovascular
health in the region.

FEBRUARY 12, 6:00 p.m.

Healing Hearts Support Group

These meetings are for adults who are living with heart disease (including those with heart failure, implantable cardioverter defibrillators, and congenital heart disease) and their family members. February's topic is "Hands-Only CPR" and includes demonstration and training. The group meets in dining rooms A and B, adjacent to the Rotunda Café at Penn State Milton S. Hershey Medical Center. To register, please call the CareLine at 1-800-243-1455.

FEBRUARY 21, 6:00 TO 9:00 p.m.

MARCH 20, 6:00 TO 9:00 p.m.

HeartSaver AED CPR Classes

These programs are for anyone, age 9 and above, interested in learning the life-saving skills of CPR. Non-medical individuals who require certification for their jobs may also attend. The courses include adult CPR, child and infant CPR, choking relief instruction, AEDs, and a skills test. There is no written test. A two-year certification card is issued at the completion of the class. For more information and pricing, visit PennStateHershey.org/cpr. To register, please call the CareLine at 1-800-243-1455.

PENNSSTATE HERSHEY



**Heart and Vascular
Institute**

Good People. Great Medicine.™

PennStateHershey.org/heartandvascular

FEBRUARY 25, 6:30 p.m.

Success with Heart Failure, Evangelical Free Church of Hershey

This program is free and open to the community. Join us as specialists from our heart failure and electrophysiology programs talk about how to live with heart failure and treatment options to consider. Registration is required. Please call 1-800-243-1455 for more information and to register.

FEBRUARY 27, 6:00 p.m.

Go Red for Women Premier Party, Antique Auto Museum at Hershey

Wear your best red dress and come out for an evening of fun and health. Healthy cooking demonstrations will be offered, a special screening of the American Heart Association's new *Just a Little Heart Attack* video will be shown, and a special, one-of-a-kind red dress will be shown and worn by Jordyn Colao, Miss Pennsylvania 2012. For more information, visit PennStateHershey.org/heartandvascular. Please call 1-800-243-1455 to register.

Fit, Trim, and Slim

Sessions offered throughout the year. This twelve-week weight management program focuses on behavior modification, nutrition, and exercise. For more information and pricing, visit PennStateHershey.org/heartandvascular. To register, please call the CareLine at 1-800-243-1455.



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