

Get your heart pumping

Every Beat Counts

A heart health event at Del Monte Center

Sponsored by Community Hospital's Tyler Heart Institute

Saturday, February 27, 11 a.m.–3 p.m.

Tyler Heart Institute of Community Hospital of the Monterey Peninsula joins shopping center merchants and the American Heart Association for a day of **FREE** health screenings and fun.

- Blood pressure, cholesterol, and glucose screenings, with interpretation
- Information on stroke prevention and CPR and automatic external defibrillator demonstrations
- “Smoke check” to determine cigarette consumption and secondhand smoke exposure
- Ask the Doctor — with Dr. Richard Gray, medical director of Tyler Heart Institute, answering your heart health questions
- Heart-healthy food samples
- Heart-healthy cooking demonstrations
- Exercise demonstrations
- Active-wear fashion show
- Facials and hand massages
- Music by “The Peacemakers”
- Discounts at participating stores
- Donate blood at the bloodmobile

Pick up a “passport” at the check-in table in front of Macy’s. Participating merchants will check off squares and the passport can be entered into drawings for prizes.

