

In celebration of Heart Health Month, we invite you to join us for heart healthy activities at South Health Campus!



SHC Heart Health Week

\$5 Heart Healthy Lunch Entrée
Daily at SHC Market Café

Feb 12-15

Schedule of Events

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| Monday February 12 | 11:00am – 1:00pm | Ask a Pharmacist Your Heart Health Question! Know Your Numbers! Free Blood Pressure Checks |
| | 12:00pm-1:00pm | YMCA Stair Challenge Exercise Class. Participants to meet in the Wellness Centre at 12:00pm. Please call 403-956-3900 for more information. |
| Tuesday February 13 | 11:00am – 1:00pm | Total Cardiology Booth Know Your Numbers! Free Blood Pressure Checks |
| | 12:00pm-12:30pm | Registered Dietitian Heart Healthy Cooking Demonstration in the Wellness Kitchen! |
| Wednesday February 14 | 11:00am-1:00pm | Calgary Farmers' Market Pop-up! <i>Come shop, eat and enjoy live music!</i> QuitCore Quit Smoking Booth. Ask one of the QuitCore representatives your quit smoking questions! |
| Thursday February 15 | 11:00am-1:00pm | Ask a Dietitian Your Heart Health Question! |
| | 12:00pm-12:30pm | ATCO Blue Flame Heart Healthy Cooking Demonstration in the Wellness Kitchen! |

No registration required! For more information, please call the SHC Wellness Centre 403-956-3939.

