

# CELEBRATING HEART MONTH

Love Your Heart. We Do.



## Heart Month Activities

### Exercise Challenge 2019

This FREE 4-week exercise program runs from February 4 through March 3. The program is designed to promote a healthy lifestyle and encourage people to get regular aerobic exercise. Get heart healthy. Win prizes! For more information, visit [svmh.com/challenge](http://svmh.com/challenge)

### Ask The Experts

*"The Heart of Innovative Care"*

See for yourself what happens when a 911 call launches our cardiac team into action. Our *Ask The Experts* Heart Month panel will transport you inside an operating room to witness new innovative procedures and the journey to recovery.

### Thursday, February 21

5:30pm reception followed by program at 6:30pm  
5 Lower Ragsdale Drive, Ryan Ranch, Monterey  
This FREE community event includes blood pressure screenings, health and wellness information, featured experts, appetizers, give-aways and more. Spanish translation available. Call 831-759-1890 or register online at [svmh.com/asktheexperts](http://svmh.com/asktheexperts)

### Mended Hearts

Mended Hearts is the country's longest running peer-to-peer cardiac support group, offering a unique physician-endorsed support model to help heart patients, families and caregivers.

### Tuesday, February 19; 6:00pm-7:30pm

SVMHS, 450 E. Romie Lane, Salinas  
Downing Resource Center parking structure, conference rooms B&C  
Speaker: Kanae Mukai, MD  
Topic: Your Heart and the Environment  
For more information, call 831-755-0772.

### Walk With A Doc

Join our physicians on a monthly walk and talk that will inspire and inform.

### Saturday, February 23; 9:00am

Fort Ord National Monument, Badger Hills Trailhead  
Speaker: Dr. Kanae Mukai  
Topic: Holistic & Lifestyle Approaches for Heart Health

For more information and to reserve your spot, call our Health Promotion Department at 831-759-1890.

### "Go Red for Women" Pin Sales

Purchase a \$5 RED Dress Pin to support the fight against heart disease, women's No. 1 killer – and then wear jeans to work each Friday in February. Pins will be on sale in the cafeteria on January 31 and February 1 from 11:30am-1:00pm. Pins can also be purchased all month long at the Cardiovascular Diagnostic Outpatient Center (CDOC) at 5 Lower Ragsdale in Ryan Ranch; CDOC at 230 San Jose Street; SVMH Cardiology Dept; Sr. Admin Director/Cardiovascular office (basement level near Engineering Department); Volunteer Services office; and Cardiac Wellness Center.

### February Red Hat Campaign

Every baby born at SVMH during the month of February will go home with a hand-made red hat courtesy of our own dedicated hat making volunteers and the American Heart Association Little Hats Big Hearts campaign.

### Dates to Remember:

**January 31 & February 1:**  
Purchase your Red Dress Pin

**February 1:**  
National Wear Red Day

**February 1, 8, 15 & 22:**  
Jeans Day with Red Pin purchase

**February 4 - March 3:**  
Exercise Challenge 2019

**February 10-16:**  
Cardio Rehab Week

**February 10-16:**  
Cardiovascular Professional Week

**February 15:**  
Go Red for Women Luncheon

**February 19:**  
Mended Hearts February Meeting  
Speaker: Kanae Mukai, MD

**February 21:**  
*Ask The Experts* event

**February 23:**  
Walk With A Doc  
Speaker: Kanae Mukai, MD  
Topic: Holistic & Lifestyle Approaches for Heart Health



Salinas Valley Memorial Healthcare System

[svmh.com/heartmonth](http://svmh.com/heartmonth)