



Protect Your Heart: Know Your Numbers

Cleveland Clinic's **Protect Your Heart: Know Your Numbers** program will help you safeguard your heart and take charge of your life by teaching you how to implement preventive steps and adopt a healthy lifestyle.

This **FREE** program helps you identify your risk factors, and teaches you the effects that high blood pressure, cholesterol, blood sugar and being overweight can have on your quality of life. Learn the signs and symptoms of a heart attack and the importance of calling 911 for any heart emergencies.

FREE blood pressure screenings and stroke risk assessments will be available along with demonstrations on hands-only CPR and healthy food sampling.

- WHEN:** Wednesday, February 22, 2017
- WHERE:** Ross DeJohn Community Center
6306 Marsol Drive
Mayfield Heights, OH 44124
- TIME:** 5:30 - 6:30 p.m. (Screenings/Registration)
7:00 - 8:30 p.m. (Program)
- REGISTER:** www.ccf.org/HealthyHeartHillcrest
or 440.312.4784
- SPEAKERS:** Keith Kruihoff, MD, Cardiovascular Medicine; James Sauto, MD, Emergency Medicine
- SPONSORS:**

