



## **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 Kruithoff, MD, Cardiovascular

Medicine; James Sauto, MD,

**Emergency Medicine** 

**SPONSORS:** 









Cleveland Clinic's Office of **Government & Community Relations** centers around the **Let's Move It®** initiative - our strategy for improving the overall well-being of the residents in the communities we serve by positively "moving the dial" on healthy lifestyles, education, economic vitality, legislation, and policy. www.ccf.org/GCR