



February is American Heart Month:

We're Your Expert Source For Heart Health Information



Healthy Heart Wellness Fairs

Tuesday, February 2, 2-4pm

St. Anthony's Hospital, Main Lobby

- Free Screenings: blood pressure, cholesterol/glucose (no fasting), sleep disorders, free cardiac risk assessment
- Ask a Dietitian and heart-healthy recipes

Thursday, February 11, 4:30-6:30pm

St. Anthony's Outpatient Center, Lobby

- Free Screenings: blood pressure, sleep disorders, BMI, free cardiac risk assessment

How To Be Your Own Best Doctor: Improve Your Health And Reduce Risk Of Cardiovascular Disease

Wednesday, February 3, Noon

Cheek-Powell Heart and Vascular Pavilion, Meeting Room A

David Kohl, MD, Cardiologist

A light lunch will be served.

An Afternoon Tea: Preventing Heart Disease In Women

Tuesday, February 9, Noon

Upper Tampa Bay Regional Library, Community Room

Joedrecka Brown, MD, Family Medicine

A sampling of teas and snacks will be served. Free blood pressure screenings will be offered.

The Five Numbers You Need To Know For A Healthy Heart

Tuesday, February 9, Noon

Bardmoor Medical Arts Building, Conference Center, Room 120

Vanessa Lucarella, MD, Cardiologist

A light lunch will be served.

Protect Yourself: Simple Ways To Protect Your Heart

Thursday, February 11, 11am

Mease Dunedin Hospital, Meeting Room 3

A-Hamid Hakki, MD, Cardiologist

Snacks and refreshments will be served.

Is Leg Pain Cramping Your Lifestyle?

Free peripheral vascular disease screenings will be offered at each lecture.

(limited availability, must be registered)

Tuesday, February 16, 3pm (screenings 4-5pm)

Cheek-Powell Heart and Vascular Pavilion, Meeting Room A

Jesse Klein, MD, Cardiologist

Snacks and refreshments will be served.

Friday, February 26, Noon (screenings 11-11:45am)

Morton Plant North Bay Hospital, Classroom

Nader Chadda, MD, Cardiologist

A light lunch will be served.

Minimally Invasive Surgery For Your Heart, Valves And Lungs

Monday, February 22, 10am

Cheek-Powell Heart and Vascular Pavilion, Meeting Rooms A and B

John C. Ofenloch, MD, Cardiothoracic Surgeon

Snacks and refreshments will be served.

A Patient's Guide To The Management And Treatment Of Heart Failure

Wednesday, February 24, Noon

St. Anthony's Medical Office Building, 2nd Floor Conference Room

Gregg Schuyler, MD, Cardiologist

A light lunch will be served.

Latest Advances In The Treatment Of Atrial Fibrillation

Wednesday, February 24, Noon

Morton Plant Mease Outpatient Center, Community Room

Robert Ledbetter, DO, Cardiologist

A light lunch will be served.

Heartburn, Angina Or Heart Attack? If In Doubt, Check It Out.

Thursday, February 25, Noon

Mease Countryside Hospital, Meeting Rooms 1-3

Van Q. Nguyen, MD, Cardiologist

A light lunch will be served.

Heart Smart Shopping Tour

Thursday, February 25, 2-4pm

Sweetbay Supermarket

Tour led by registered dietitian from St. Anthony's LifeHelp Diabetes and Nutrition Center.

Space is limited and reservations are required.

Cost: \$10

LECTURE LOCATIONS

Bardmoor Medical Arts Building

8839 Bryan Dairy Road, Largo

Cheek-Powell Heart and Vascular Pavilion

Morton Plant Hospital

455 Pinellas St., Clearwater

Mease Countryside Hospital

3231 McMullen Booth Road, Safety Harbor

Mease Dunedin Hospital

601 Main St., Dunedin

Morton Plant Mease Outpatient Center

2102 Trinity Oaks Blvd., Trinity

Morton Plant North Bay Hospital

6600 Madison St., New Port Richey

St. Anthony's Hospital

1200 Seventh Ave. N., St. Petersburg

St. Anthony's Medical Office Building

1099 Fifth Ave. N., St. Petersburg

St. Anthony's Outpatient Center

900 Carillon Parkway, St. Petersburg

Sweetbay Supermarket

3327 Ninth St. N., St. Petersburg

Upper Tampa Bay Regional Library

11211 Countryway Blvd., Tampa

Space is limited and reservations are required. To make reservations or for more information, call (727) 953-6953 or visit us online at BayCare.org.

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