

# Love **YOUR** Heart

## **CARDIOVASCULAR SCREENING**

**MONDAY, FEBRUARY 4**

7:30 - 11:30 a.m.

\$100 - registration is required 618-257-5649

Memorial Hospital Belleville

Medical Office Building 2 - Suite 100

4600 Memorial Drive • Belleville

**CHAIR YOGA** Free  
**MONDAY, FEBRUARY 4**

11:30 a.m. - 12:30 p.m.

Memorial Hospital Belleville,

Cardio/Pulmonary Rehabilitation Gym

4500 Memorial Drive, Belleville

(618) 257-5064

## **HAVE A HEART TO HEART**

with Dr. Muhammad Ansari,  
Cardiologist

**TUESDAY, FEBRUARY 19**

6 - 7:30 p.m.

Free - registration is required; (833) 607-3627

Topics include:

- Prevention of Coronary Artery Disease
- Recognizing Signs and Symptoms of a Heart Attack
- Introduction to Calcium Scoring

The Orthopedic and Neurosciences

Center at Memorial

4700 Memorial Drive • Belleville

## **FAMILY AND FRIENDS CPR**

**SATURDAY, FEBRUARY 23**

9 - 10:30 a.m.

Children 10-15 years of age with adult  
(In conjunction with Children's Hospital)

\$25 per person - registration is required

Call 314-454-KIDS(5437) or

800-678-KIDS(5437)

Press 3 and give: February 23 and  
Memorial Hospital

The Orthopedic and Neurosciences  
Center at Memorial

4700 Memorial Drive • Belleville

## **ZUMBATHON®**

**SUNDAY, FEBRUARY 24**

1 - 3 p.m.

Dance to help fight heart disease!

Belleville Health and Sports Center

1001 South 74th St • Belleville • (618) 398-2778

\$10 donation to the American Heart Association

All program information can be found on  
[www.mymemorialnetwork.com/events](http://www.mymemorialnetwork.com/events)

Heart Month events are offered in  
conjunction with **Scott Credit Union**