

February is

# Heart Month



Alaska Regional is dedicated to preventing and treating heart disease—the number one killer of adults in the United States and major cause of disability for survivors who do not receive treatment early enough.

We believe education is the first step in achieving good health. Attend one or all of our Heart Month activities and you'll be on your way towards a healthier heart!

Heart Month events are FREE and open to everyone.

Seating is limited. Please reserve your space for seminars by calling 264-1383 or email [jamia.odom@hcahealthcare.com](mailto:jamia.odom@hcahealthcare.com).

Friday,  
February 3  
7-8:30 am  
Classrooms

"Go Red for Women" Breakfast & Seminar  
"Go With the Flow: Don't Let Stress Block Your Arteries"  
*Ruth Townsend, MS*  
Please wear red. Men are welcome to attend.

Tuesday,  
February 7  
6:30 pm  
Ivy Room

"Diabetes and Heart Disease: What's the Link" Seminar  
*J Ross Tanner, DO*

Wednesday,  
February 15  
6:30 pm  
Ivy Room

"We Don't Make It, So We Have to Take It: Omega -3 Fatty Acids" Seminar  
*Young Fisher, RD, LD, CDE*

Tuesday,  
February 21  
6:30 pm  
Ivy Room

"Latest Strategies to Manage Atrial Fibrillation" Seminar  
*Steven Compton, MD*

Thursday,  
February 23  
6:30 pm  
Ivy Room

"Peripheral Arterial Disease (PAD): What You Need to Know" Seminar  
*Seth Krauss, MD*

Saturday,  
February 25  
8 am-noon  
Main Lobby

"Have a Change of Heart" Health Fair  
Education booths, mini seminars, chair massages, food demonstration, blood pressures and free labs (lipid panel, glucose and HbA1c). Please fast 12 hours for blood work (water & meds ok). No RSVP necessary.

NOT BIGGER  
JUST BETTER

  
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