



HEART MONTH

FEBRUARY 2020 | FREE COMMUNITY EVENTS

PETOSKEY

“Make it Mediterranean” Cooking Demo with Fustini’s Oils and Vinegars*

Presented by Jeanne Kincaid, RD, CDE,
and Chef Christie from Fustini’s

Monday, February 10 | 5:30 – 6:30 p.m.

John and Marnie Demmer Wellness Pavilion &
Dialysis Center | 820 Arlington Ave.

Proper Time to Take Blood Pressure Medications

Presented by Cardiologist David Dobies, MD

Tuesday, February 11 | 12:30 – 1 p.m.

Emmet County Friendship Center | 1322 Anderson Rd.

Health Screening & Community CPR Training

Blood pressure, BMI, Cholesterol, Glucose, and more

Tuesday, February 18 | 8 – 11 a.m.

John and Marnie Demmer Wellness Pavilion &
Dialysis Center | 820 Arlington Ave.

Understanding Heart Conditions

Presented by Lindsay DeCoster, RN

Wednesday, February 19 | 1:30 - 2:30 p.m.

Independence Village | 965 Hager Dr.

Heart Healthy Living Group Common Cardiac Medications

Presented by Trish Brown, RPh

Tuesday, February 25 | 6 - 7 p.m.

John and Marnie Demmer Wellness Pavilion &
Dialysis Center | 820 Arlington Ave.

CHARLEVOIX

Understanding Heart Conditions

Presented by Lindsay DeCoster, RN

Wednesday, February 12 | 11:30 a.m. - 12:30 p.m.

Charlevoix Senior Center | 9606 Norwood Rd.

CHEBOYGAN

Health Screening & Community CPR Training

Blood pressure, BMI, Cholesterol, Glucose, and more

Wednesday, February 19 | 10 a.m. – 1 p.m.

Cheboygan Community Medical Center
740 S. Main St. | 3rd Floor Conference Room

Heart-Healthy Exercise Demonstration

Instructed by Rebecca Godfrey, CEP & Phyllis Tule, RN

Wednesday, February 19 | 5 – 6 p.m.

Cheboygan Community Medical Center
740 S. Main St. | 3rd Floor Conference Room

GAYLORD

Health Screening & Community CPR Training

Blood pressure, BMI, Cholesterol, Glucose, and more

Wednesday, February 12 | 10 a.m. – 1 p.m.

Gaylord Family Practice | 1320 E M-32

ROGERS CITY

Lantern Cross-Country Skiing

Participate in health and wellness trivia, fun giveaways,
and blood pressure and oxygen saturation checks before
and after skiing.

Saturday, February 22 | 6 – 9 p.m.

Hoelt State Park | 5001 US 23 HWY N

EVERYWHERE

Get up and move!

See reverse side for details.



*Limited seating. Registration required for Cooking Class.
Go to: mclaren.org/northernclasses, or call 800.248.6777.

GET UP & MOVE



FEB. 14 @ 2:14 p.m.

Join us where ever you are and move your body! **FIVE MINUTES** a day of exercise is shown to increase health and lifespan.*

This Heart Month, McLaren Northern Michigan is challenging the community to

GET UP & MOVE

on 2/14 @ 2:14 p.m.

Take a selfie while you're up and moving anytime in the month of February. Then post it to our Facebook page with #GetUpandMove or email marketing@northernhealth.org for a chance to win a prize.

GRAND PRIZE: Overnight package to stay and ski at Shanty Creek Resorts - Sponsored by Blarney Stone Broadcasting

FREE GIVEAWAY

Stop by any of the McLaren Northern Michigan primary care provider offices, or Michigan Heart and Vascular locations, throughout northern Michigan and receive a **FREE** reusable grocery shopping bag while supplies last.

*The Journal of American College of Cardiology



DOING WHAT'S BEST.®

800.248.6777 | mclaren.org/northern