



NORTHERN MICHIGAN

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McLaren Northern Michigan Free Heart Month Activities

February is American Heart Month and McLaren Northern Michigan is recognizing this important month with free heart healthy activities. No matter where you live, we have something planned to help you can celebrate heart month.

Wear red for heart disease awareness on Friday, February 1, 2019. According to the American Heart Association, heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Another heart month activity you can do anywhere is Get Up & Move. According to the Journal of the American College of Cardiology, five minutes of exercise a day is shown to increase health and lifespan. Here is the challenge... on February 14 (2/14) at 2:14 p.m. "Get Up & Move" wherever you are. Visit mclaren.org/northernheartmonth to learn how you can win a prize for participating.

Following is a list of all the activities McLaren Northern Michigan is hosting across northern Michigan and the eastern Upper Peninsula.

ANYWHERE

National Wear Red Day – Friday, February 1, 2019

Get Up & Move – February 14, 2019 at 2:14 p.m.

ALPENA

Heart Healthy Snack

Wednesday, February 13 | 10:30 - 11:30 a.m. @ Alpena Senior Center

Heart Innovations with Dr. Daniel Buerkel

Wednesday, February 27 | 10:30 - 11:30 a.m. @ Alpena Senior Center

CHEBOYGAN

Fresh Start Tobacco Cessation - Quit Smoking

Mondays in February | \$25 Fee @ Cheboygan Community Medical Center

Community CPR

Thursday, February 21 | 11 a.m. - 1 p.m. @ Cheboygan Campus Cafeteria

Mediterranean Heart Healthy Snacks Cooking Demonstration

Thursday, February 21 | 5:30 - 7 p.m. @ Cheboygan Community Medical Center

GAYLORD

Health Screenings - Blood pressure, BMI, Cholesterol, Glucose, and more

Thursday, February 7 | 9 - 11 a.m. @ McLaren Gaylord Family Practice

Community CPR

Thursday, February 7 | 11 a.m. – 1 p.m. @ McLaren Gaylord Family Practice

PETOSKEY AREA

One Free Aquatics, Strength Training, or Yoga Class in February

Any offered day in February @ Demmer Wellness Pavilion

Heart Innovations with Dr. Jason Ricci

Tuesday, February 12 | 12:30 - 1 p.m. @ Emmet County Friendship Center

Low Sodium Cooking Class

Tuesday, February 12 | 6 - 7:30 p.m. @ Demmer Wellness Pavilion

Community CPR

Thursday, February 14 | 11 a.m. - 1 p.m. @ Demmer Wellness Pavilion

Health Screening - Blood pressure, BMI, Cholesterol, Glucose, and more

Tuesday, February 19 | 8 - 10 a.m. @ Demmer Wellness Pavilion

Diabetes Friendly, Heart Healthy Cooking – with Chef Jon from Fustini's Oils & Vinegars

Wednesday, February 20 | 5:30 - 7 p.m. @ Demmer Wellness Pavilion

Sleep and Your Heart Health

Thursday, February 21 | 1 - 2 p.m. @ The Friendship Center of Harbor Springs

Heart Innovations in Northern Michigan

Tuesday, February 26 | 11 - 11:30 a.m. @ Independence Village of Petoskey

ROGERS CITY

Hoeft State Park Lantern Cross-Country Skiing - free healthy snacks and water from McLaren

Saturday, February 2 | 6:30 - 10 p.m. @ Hoeft State Park

SAULT STE. MARIE

Community CPR

Wednesday, February 20 | 5- 7 p.m. @ Chi Mukwa Community Recreation Center

For more information on Heart Month activities happening across northern Michigan and the eastern Upper Peninsula, visit mclaren.org/northernheartmonth.

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About McLaren Northern Michigan

McLaren Northern Michigan, a subsidiary of McLaren Health Care, is a 202-bed, regional referral center located in Petoskey, serving residents in 22 counties across northern lower Michigan and the eastern part of the Upper Peninsula. Over 230 physicians represent nearly all medical and surgical specialties, enabling full-service care with an emphasis on heart, cancer, orthopedics, and neurosciences services. For additional information, visit mclaren.org/northern.