



## Knapp Cardiac Care Center 2017 Heart Month Events

**Friday February 3<sup>rd</sup>**

**National Go Red for Women Day, "Wear Red"**

Blood pressure screenings and education provided in hospital main lobby from 11am-2pm - 2/3/17 & 2/17/17

**Saturday February 4<sup>th</sup>**

**Live Well, Dance Well – 2017 -Community Heart Health Day**

Time: 1-4pm

Location: Boys & Girls Club of Bellport

\*Open to all members of the community

**Thursday February 7<sup>th</sup>**

**Art Heals Hearts**

Time: 1:30-2:30pm

Location: 100 Hospital Rd, 2<sup>nd</sup> floor conference room

\*Registration is required for this event

**Thursday February 8<sup>h</sup>**

**Employee Lunch & Learn**

**Session 1:** 11:30-12:30pm , **Session 2:** 1-2pm

Presented by Dr. Satheesh Joseph

Location: Trailer A & B

**Friday February 9<sup>th</sup>**

**Mended Hearts Support Group**

Topic: Managing Heart Disease

Presented by: John Guerra, PA

Location: 100 Hospital Rd, 2<sup>nd</sup> floor conference room

Time: 5-6pm

**Thursday February 15<sup>th</sup> & 22<sup>nd</sup>**

**Patchogue YMCA Walking Club**

Time: 8-11am

**Friday February 17<sup>th</sup>**

**Blood pressure screenings and education**

Provided in hospital main lobby from 11am-2pm

**Friday February 21<sup>st</sup>**

**Heart Healthy Cooking Demonstration**

Location: Employee Cafeteria from 6-7:30pm

\*Registration is required for this event

**Tuesday, February 28<sup>th</sup>**

**Heart Healthy Options**

Enjoy heart healthy options. Recipes of this special meal and heart healthy tips will be provided on behalf of Knapp Cardiac Care!

Location: Employee Cafeteria from 10am-4pm

\*\*For more information and registration

Call Danielle Knapp-SanGiovanni at 631.654.7240 or Email: [DKnapp-SanGiovanni@bmhmc.org](mailto:DKnapp-SanGiovanni@bmhmc.org)