



**GET SMART
ABOUT HEART**

GO Red
WITH SOMC

List of Heart Events:

January 17

Long Sleeve T-shirts go on sale

February 3

Get Smart About Heart - Go Red

February 4 | 6:00 pm – 8:00 pm

Zumbathon® Charity Event
SOMC LIFE Center-Portsmouth

February 15 | 10:00 am – 2:00 pm

Heart Health Screening
Waverly YMCA

February 21 | 2:00 pm – 6:30 pm

Learn with Heart - Free Screening
Friends Community Center

February 6, 13, 23, 28

Free CPR Classes Available
East Campus Gibson Building
Call 740-356-2552 to register

In honor of National Heart Month in February, Heart & Vascular Services at Southern Ohio Medical Center wants you to partner with us to **Get Smart About Heart - Go Red on February 3rd! Here is how you can join in!**

Wear Red: Wear your red shirt on February 3rd to raise the visibility of healthy heart awareness. T-shirts go on sale January 17th and are available at the SOMC Gift Gallery located in the lobby of the SOMC main campus. All proceeds benefit the SOMC Endowment Fund – a fund created to ensure that exceptional healthcare, training, technology and services are available to our community for many generations to come.

Promote Red: SOMC needs your help to raise awareness of the signs and symptoms of a heart attack. Through awareness we can significantly increase a person's chance of surviving a heart event. Get educated! You can make a difference and save the life of your family, friend or coworker.

Heart & Vascular Services
**Southern Ohio
Medical Center**

Very Good things are happening here

For more information about National Heart Awareness Month events please call **740-356-8308** or visit **www.somc.org**.