

SELF HEARTCARING[®]

Know your Numbers



132/72. 167. 102. 26. Numbers like these are very important to your health, but they mean little if you can't put them in context. Determining what they mean to you and your family is vital in learning your risks for cardiovascular and other diseases.

Self Regional Healthcare's HeartCaring program can empower you to use *your* numbers to put your heart in your hands. Join us for a day of **free screenings** as you learn how to reduce your risk of having a heart attack, stroke or blood clot.

Make those numbers add up to a healthier you!

Saturday, September 18

8:00 a.m. - noon

Self Regional Healthcare's Optimum Life Center

115 Academy Avenue, Greenwood • Across Edgefield Street from the Emergency Care Center

• Please fast (don't eat or drink) the morning before screenings. • Screening enrollment ends at 11:00 a.m.

SCREENINGS

- Risk factor assessment
- Waist-to-hip ratio
- Blood pressure
- Body mass index (BMI)
- Cholesterol and glucose
- Ankle brachial index (ABI)
- Bone density

Screening results will be reviewed at the completion of screening. This event is not a substitute for a regular relationship with a family physician.

EDUCATION

- Heart attack and stroke signs
- When to call 911
- Cardiac calcium scoring
- Diabetes
- Sleep disorders
- Nutrition and healthy diet
- Community CPR
- Tobacco cessation

Reduced-price cardiac calcium scoring vouchers will be offered to those who meet the criteria to have the procedure performed.

DEMONSTRATION

- Yoga
- 8:30 a.m. - 9:00 a.m.
- 9:30 a.m. - 10:00 a.m.

REFRESHMENTS

- Healthy cooking samples

Have breakfast with us: We ask that all participants fast before screenings in case your risk assessment determines you need tests that require that you do not eat. Food will be available after your screenings.

These screenings are offered as a community service of Self Regional Healthcare. For information about HeartCaring, call (864) 725-4739.

SELF REGIONAL

HEALTHCARE