

Mercy and Iowa Heart Center Celebrate **American Heart Month**

According to the American Heart Association (AHA), nearly 80 million Americans have some sort of cardiovascular disease – including coronary heart disease, stroke, high blood pressure and heart failure. To help increase awareness about cardiovascular disease, Mercy and Iowa Heart Center will celebrate American Heart Month with a variety of activities and events.

Know your risk for heart disease

Thursday, Feb. 18, 6 p.m.

Iowa Heart Center

5880 University Ave, Suite 101, West Des Moines

Dr. Eric Martin, medical director of prevention at Iowa Heart Center, will present information about heart disease and the associated risk factors. The free event is open to the public; however, space is limited. To register, email lectures@iowaheart.com or call (515) 633-3600.

Heart Day

Saturday, Feb. 20, 10 a.m.-noon; program begins at 11 a.m.

East Tower Auditorium, Mercy Medical Center – Des Moines

1111 6th Ave, Des Moines

Join us as Rebecca Meyer, Des Moines native and at-home winner of NBC's "The Biggest Loser 8," shares her inspiring story about overcoming obstacles and making lifestyle changes. This event will also feature a Q&A session with Dr. Richard Marcus, cardiologist with Iowa Heart Center, screenings and an opportunity to meet Rebecca.

Celebrate You Women's Club

Thursday, Feb. 25, 5:30-6:30 p.m.

Jordan Creek Town Center, upper level near Younkers and Finish Line

101 Jordan Creek Parkway, West Des Moines

The February Women's Club will be a special red event featuring Dr. Michael Fraizer, cardiologist with Iowa Heart Center. For more information about Women's Club or to register, please call (515) 224-5000 or visit www.mercydesmoines.org/comm_resources/jcreek.cfm.

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Every Day in Every Way.™



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