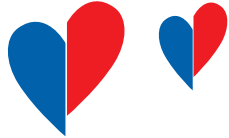




# February is Heart Month!



Beth Israel Medical Center's Heart Institute is sponsoring events this month to help promote heart healthy living!

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 ♥ Stress Management/ Yoga Session	5	6 <b>GO RED!</b> ♥ Women and Heart Disease Education Session and Screenings ♥ Wear RED!!
9	10 ♥ The Unhappy Heart Syndrome Education Session	11	12 ♥ Heart Savers AED for the Mentoring Program	13 ♥ Introduction to Electrophysiology (EPS) Nursing Education Session
Cardiac Rehabilitation Week - February 8th-14th				
16	17 ♥ Heart Failure Nursing Education Session	28	19	20 <b>Heart Healthy Day!!</b> ♥ Heart Disease Education and Screenings ♥ The Unhappy Heart Syndrome Education Session
23	24	25 ♥ "Why African Americans are at an increased risk of heart related ailments and what you can do"	26 ♥ The Importance of Learning Heart Savers AED (Automated External Defibrillation) and How to Use an AED	27 ♥ Heart Healthy Cooking Session



Come join us as we celebrate Heart Healthy Living! Events are open to employees and the community. Some events require pre-registration. For further information please call (212) 420-2806 or 1-877-WOMEN-00.