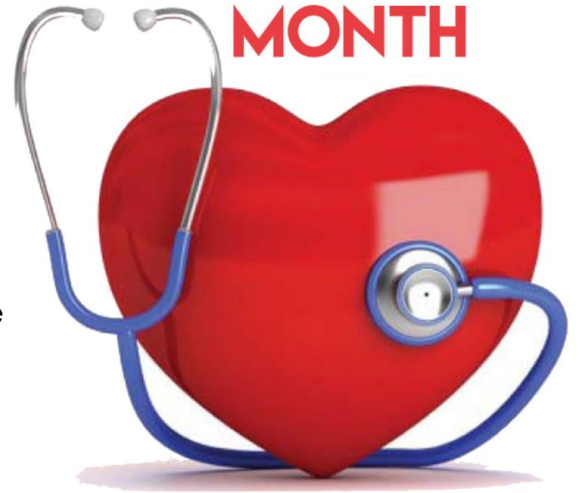


FEBRUARY IS HEART HEALTH AWARENESS MONTH

2020 Event Schedule



♥ February 3

BOC American Heart Health Month Proclamation.

♥ February 7 - 'Go Red' Day

This annual event raises awareness about heart disease in women. Specific activities and photos are planned for Sunnybrook, Swinburne, ERC (Zebulon), Millbrook, NRC (Wake Forest), SRC (Fuquay Varina), and Western Wake (Cary).

♥ 'Hands Only' CPR Community Day(s)

The Health Promotion Chronic Disease Prevention Section will partner with Wake County EMS to provide 'Hands Only' CPR trainings for Wake County employees and community members.

February 3	1:30 PM - 3:00 PM	Sunnybrook Room G35*
February 4	10:00 AM - 11:30 AM	NRC Room 165*
February 4	3:00 PM - 4:30 PM	Healing Transitions - 3304 Glen Royal Rd., Raleigh
February 5	2:00 PM - 3:30 PM	Millbrook Room 104*
February 10	1:30 PM - 3:00 PM	ERC Room 156/57*
February 12	2:30 PM - 4:00 PM	Swinburne Room 2149 (staff only)
February 13	10:30 AM - 12:00 PM	SRC Room 182*
February 21	10:00 AM - 11:30 AM	Public Safety Center Room C170 (staff only)
February 25	10:00 AM - 1:30 AM	Public Safety Center Room C170 (staff only)

**Spanish interpreters provided*

♥ February 11 - Peripheral Artery Disease (PAD) Scan for WISEWOMAN and WCHS' Clinic B clients; partnership with UNCRex Heart and Vascular Mobile

For the first time, the Health Promotion Chronic Disease Prevention Section will partner with the UNCRex Heart and Vascular Mobile Unit to provide services for a select group. The WISEWOMAN and Clinic B clients will receive ultrasound scans of their neck, chest and abdomen, as well as blood pressure, body mass index (BMI) assessments, and a nurse consultation. Women with abnormal results will be referred to a cardiologist for follow-up.

♥ February 12 - 12:00 PM - 2:00 PM Heart Health Tasting Event, Sunnybrook Building - Ground Floor

The Health Promotion Chronic Disease Prevention Section will partner with the Wake County Women, Infants and Children (WIC) Program to offer a food prep and taste-testing event for clients, community and staff. Participants will receive heart healthy recipes, learn about heart healthy eating, as they watch how simple it can be to cook a healthy meal for their families. All recipe ingredients are WIC approved.

♥ **February 28 - 6:00 PM - 8:00 PM - *Feel the Beat: Fitness Night***

The Dream Center of Body of Christ Church, 5616 Fox Road, Raleigh

The Health Promotion Chronic Disease Prevention Section will offer a FREE exercise event. For two hours, the community will participate in a variety of exercises including Zumba, line dancing, boot camp and kick boxing. Participants will also engage in interactive educational displays to learn ways to reduce their risk of heart disease. At the conclusion of the event, participants will enjoy healthy refreshments.

♥ **Wake County Parks and Recreation 'Go Red' Month**

Several Wake County Parks and Recreation Department sites will '**Go Red**' in February.

Sites include: Blue Jay Point, North Wake Landfill District, American Tobacco Trail and Harris Lake County Parks. Heart health information will be featured along a '**Go Red**' Trail and in park kiosks.

WAKE COUNTY EMPLOYEE EVENTS:

Each event will feature heart health information.

♥ **LIVING GREAT @ WAKE**

February 7 @ 11:00 AM - Downtown Wear Red Walk

February 1-28 - Throughout the month of February, Living Great @ Wake will promote biometric screenings at Employee Wellness Centers.

♥ **SUNNYBROOK BUILDING**

February 17 & 25 @ 12:00 PM - 12:45 PM - Exer-band Class - Sunnybrook Rm. G35

♥ **SWINBURNE BUILDING**

February 12 & 26 @ 4:30 PM - 5:30 PM - Bodyfit Exercise Class - Swinburne Rm. 2149

♥ **NORTHERN REGIONAL CENTER**

February 5, 12, 19 & 26 @ 12:30 PM - 1:15 PM (Wednesdays)

Stretch and Burn Class, Room 165

February 7, 14, 21 & 28 @ 12:30 PM - 1:15 PM (Fridays)

Exer-band Class, Room 163

♥ **MILLBROOK HUMAN SERVICES CENTER**

February 5, 12, 19 & 26 @ 12:30 PM - 1:15 PM (Wednesdays)

Exer-band Class, Room 104

Heart Health Month Partners:

Wake County EMS, Wake County Wellness, Wake County WIC, Wake County Parks and Recreation, UNC Rex Heart and Vascular and The Dream Center of Body of Christ Church

For more information on these events, please contact:

Elizabeth Spender Smith, MAEd - Red Dress Committee Chair

Elizabeth.Spendersmith@wakegov.com - (919) 250-3990

