

HEART MONTH LIVE HEALTHY

THURSDAY February 1 ~ Call 417-257-6793

Free Community Education Dinner

6-7 p.m. at Willard Hunter Classroom, OMC Parkway Center, West Plains
The speaker is Dr. A. K. George, Cardiologist discussing heart care. The dinner is free, but reservations are required.

FRIDAY February 2

Wear Red Day-Free Apple

Wear red and stop by the OMC Cafeteria and receive a free apple.

THURSDAY February 8 ~ Call 417-926-6563

Free Heart Risk Screening & Breakfast

7-9 a.m. at Mountain Grove Senior Center

A free Heart Health Screening including a lipid panel, glucose, A1C, and blood pressure check. Fasting is required for testing. OMC Dietician will be on-hand with heart healthy recipes. The event is free and no appointment is necessary. A breakfast bar will be available.

- 7-8 a.m. ~ Lipid Panel, Glucose and A1C, and Blood Pressure Check
- 8-9 a.m. ~ Breakfast Bar & Presentation by Dr. Archana Sinha

FRIDAY February 9 ~ Call 417-257-6793

Free Heart Risk Screening & Breakfast

6:30 to 10:00 a.m. at OMC Heart Care Services, 1115 Alaska Ave., West Plains

A free Heart Health Screening that includes a lipid panel, glucose, A1C, blood pressure check, and a Vein Screening. Fasting is required for testing. OMC Dietician will be on-hand with heart healthy recipes and samples. The event is free and no appointment is necessary except for the Vein Screening (for Venous Insufficiency).

SATURDAY February 10 ~ Call 417-256-4725

Women With Heart Luncheon

A fundraising luncheon for OMC Heart Care Services. Tickets are \$50 each. The guest speaker is Ann Gibson.

THURSDAY February 15 ~ Call 417-934-2273

Free Heart Risk Screening & Breakfast

7-9 a.m. at Mountain View Senior Center

A free Heart Health Screening will take place. The screening includes a lipid panel, glucose, A1C, and blood pressure check. Fasting is required for testing. OMC Dietician will be on-hand with heart healthy recipes. The event is free and no appointment is necessary. A breakfast bar will be available.

- 7-8 a.m. ~ Lipid Panel, Glucose and A1C, and Blood Pressure Check
- 8-9 a.m. ~ Breakfast Bar & Presentation by Dr. Archana Sinha

SATURDAY February 17 ~ Call 417-257-6793

Free Community Heart Saver Course

8 a.m.-noon at OMC Parkway Center, West Plains

A free community Heart Saver course taught by joint effort of Ozarks Medical Center, South Howell County Ambulance and Air Evac will be offered. This course teaches CPR for the lay person. Limited space is available.

MONDAY-FRIDAY February 19-23

Free Heart Risk Screening at Rural Clinics

Individuals may receive a free heart health screening including a lipid panel, glucose, A1C, and blood pressure check from an OMC rural health clinic. Additional low cost labs also are available for a minimal fee. Contact one of the clinics listed below for an appointment. OMC rural health clinic locations include:

- OMC Alton 417-778-7227
- OMC Gainesville 417-679-4613
- OMC Mammoth Spring 870-625-3228
- OMC Mountain Grove 417-926-6563
- OMC Mountain View 417-934-2273
- OMC Thayer 417-264-7136
- OMC Winona 573-325-4237

THURSDAY February 22 ~ Call 417-264-7136

Free Heart Risk Screening & Breakfast

7-9 a.m. at Fun & Friends Senior Center, Thayer

A free Heart Health Screening will take place from 7:00 to 9:00 a.m. February 22 at the Fun and Friends Senior Center, 100 Chestnut Street, Thayer. The screening includes a lipid panel, glucose, A1C, and blood pressure check. Fasting is required for testing. OMC Dietician will be on-hand with heart healthy recipes. The event is free and no appointment is necessary. A breakfast bar will be available.

- 7-8 a.m. ~ Lipid Panel, Glucose and A1C, and Blood Pressure Check
- 8-9 a.m. ~ Breakfast Bar & presentation by Dr. Faisal Khan

FRIDAY February 23

Blood Drive

Noon-6 p.m. at Willard Hunter Classroom, OMC Parkway Center, West Plains

OMC and Community Blood Center of the Ozarks Blood Drive. Walk in, call 1-800-280-5337, or visit <https://www.cbco.org/donate-blood/to> make an appointment.

Ozarks Medical Center Heart Care Services offers a variety of ways for you to educate yourself

LIVE HEALTHY on heart health, including free screenings, during Heart Month in February!

TUESDAY February 27 ~ Call 417-257-6793

Free Heart Risk Screening & Breakfast

7-9 a.m. at Willow Springs Senior Center

A free Heart Health Screening will take place. The screening includes a lipid panel, glucose, A1C, and blood pressure check. Fasting is required for testing. OMC Dietician will be on-hand with heart healthy recipes. The event is free and no appointment is necessary. A breakfast bar will be available.

- 7-8 a.m. ~ Lipid Panel, Glucose and A1C, and Blood Pressure Check
- 8-9 a.m. ~ Breakfast Bar & Presentation by Heart Care Services provider

TUESDAY February 27 ~ Call 417-257-6737

Couch to 5K Information Session

5:30 p.m. at OMC Parkway Center, West Plains

It's time to get moving! Learn more about the Couch to 5K program. Join others in evening workout sessions or workout on your own with the Couch to 5K phone app. The Couch to 5K program is free, but registration is required in a Fun Run event (1.5 mile walk or 5K). All Couch to 5K participants will receive a free t-shirt in addition to the Fun Run t-shirt. Workout sessions will begin on March 1. At the end of the 8-week program, you will be ready for your Fun Run event!

