

† St. Joseph Medical Center  
Heart Institute

# HEARTCARING®

FOR WOMEN AND THEIR HEARTS

***Our hearts are the center of each of us, beating strongly. So take time to love your heart this February! St. Joseph Medical Center invites you to join us for dessert, social networking, and the chance to learn why emotions are a powerful part of our strongly beating hearts!***



## HEART SMART

FEBRUARY 1, 2012 | 6:30 PM – 8:00 PM

What is your Heart Smart IQ? American Heart Association notes that while 35% of people surveyed say they're in good health, only about 1% hit all the targets – diet, activity level, blood pressure, cholesterol, weight, blood sugar and smoking status – for good health! Join us as expert cardiologist, Dr. Andy Waxler, reviews the latest recommendations for keeping your heart healthy and beating strong! Take a personal heart health assessment, and meet others who are trying to increase their HeartSmart IQ, too!

## HEART THROB

FEBRUARY 8, 2012 | 6:30 PM – 8:00 PM

Has it been too long since you heart raced because of a special someone? This Valentine's Day may be the perfect opportunity to restore someone to heart throb status, or rekindle a flame with your life-long partner! Join us as our experts teach us a few tips on managing relationships for a happy heart – and why a happy heart is a healthy one! Take a personal heart health assessment to learn more about the powerful affects of emotions on your heart!

## HEART OF GOLD

FEBRUARY 15, 2012 | 6:30 PM – 8:00 PM

Have you got a heart of gold? Research shows that giving not only makes people feel good, but it causes a release of hormones in the body that are good for the heart, too! Meet the St. Joseph Medical Center team who provided medical support for the Berks County volunteers of ABC's *Extreme Makeover: Home Edition*. Hear the stories of others who find it heart-warming to give back to their community. Learn more about your own personal heart health – and then challenge your heart to donate time to volunteer, a golden opportunity!

ALL EVENTS WILL BE HELD AT...

**BODY ZONE**

Sports & Wellness Complex

3103 Paper Mill Road, Wyomissing, PA

TO REGISTER: E-MAIL [DANYELLEWHALEN@CATHOLICHEALTH.NET](mailto:DANYELLEWHALEN@CATHOLICHEALTH.NET) OR CALL 610-378-2492.  
PRE-REGISTRATION IS REQUIRED! [WWW.THEFUTUREOFHEALTHCARE.ORG](http://WWW.THEFUTUREOFHEALTHCARE.ORG)