

Celebrate Heart Month With Us

February 2020

Dear Friends,

February is National Heart Awareness Month designed to encourage Americans to join the battle against heart disease. Adventist Health and Rideout is hosting a series of events, including: A Women's Heart Health Luncheon, a Heart Healthy Fair, a Steps Contest and a Celebration event to round out Heart Month by recognizing our Adventist Heart and Vascular Institute team for all of their achievements. Associates and physicians will participate in many of these activities as part of their ongoing commitment to strengthen heart health in our region. Mark your calendars and plan to join the fun. More information coming soon.

February 1

Love Your ❤️ ... Women's Heart Luncheon

Peach Tree Golf & Country Club - 11a-1:30p

We've lined up some great speakers and exhibitors, and will be introducing the Adventist Heart and Vascular Institute as well as many of this region's leading Heart & Vascular specialists. Enjoy a heart healthy lunch and fun door prizes.

Tickets are \$35/ea or \$300 Reserved Table of 8 - Purchase tickets online at adventisthealth.org/rideout/giving/events or call (530) 751-4070.

February 1-29

Love Your ❤️ ... Walk Your Steps to Health

There are many benefits of walking for heart health, including a lower risk of heart attack and stroke. Beginning Feb. 1, develop a walking routine and count your steps. There will be a prize for most steps awarded each week and a grand prize will be awarded at the end of February. Report your progress weekly on a progress form or better yet a screenshot of your weekly totals (most phone Apps can give you a 7 day summary). Email armstrd@ah.org or call 751-4247 to register.

February 7

National Wear Red Day is one of the easiest ways to raise awareness for heart health - all you have to do is dress in red. Your outfit can start conversations about heart disease, particularly as it affects women, who may be less aware of their risks. Awards will be given for: Most Creative, Largest Group and Best Design.

February 11

Love Your ❤️ ... Health Fair

Rideout Hospital Café Patio - 11a-2p

Enjoy a Heart Healthy Fair that includes various forms of physical fitness options. Visit exhibit tables that include local gyms, fitness experts, yoga, dance studios and community events that include exercise. There will be giveaways including vendor raffles, heart healthy food samples and branded Adventist Health stretch band.

February 20

Love Your ❤️ ... Heart Team Celebration

Adventist Heart and Vascular Institute (AHVI) celebrates this past year's accomplishments and the extraordinary team that made it happen! Five30 Event Center - 5:30-9p, Food, Speakers, Exhibitors, Awards, Live Entertainment by the Ray Allen Band. To join in and help the team celebrate, visit adventisthealth.org/rideout/giving/events.



February 23

Have a Heart for Kids 5k, River Valley HS, 801 El Margarita Way, Yuba City, 8am to 10am

Adventist Health and Rideout is sponsoring this event for the Yuba City Education Foundation. Start and Finish will be on the River Valley High School track with an 8:45 warm-up and announcements and a 9:00 am start. Breakfast will be served at 9:30 and awards at 10:00 am. Volunteers are needed to help with the event. If you are interested in helping email armstrd@ah.org or call 530-751-4247.

Heart month activities are made possible through community support by the Rideout Foundation. Organized by Adventist Health and Rideout Community Engagement. For more information or questions, please contact Carol Ramirez at ramirec04@ah.org or Dee Armstrong at armstrd@ah.org. Or, call 530 751-4247.

