

29 DAYS TO love YOUR HEART

**LEAP YEAR IS HERE
WHICH MEANS YOU HAVE ONE MORE DAY
TO SHOW YOUR HEART SOME LOVE**

Palmetto Health Heart Hospital provides a number of public events, information sessions and heart healthy tips during the month of February. Find out what our patients and staff have to say about heart month at 29HEARTDAYS.COM.

FEB 01 | RICHLAND BLOOD DRIVE

7 am-6 pm | Palmetto Health Heart Hospital Atrium Classroom, 6 Medical Park. Walk-ins welcome or call 434-3700 to schedule a time.

FEB 02 | CHICK-FIL-A FAMILY NIGHT

5-8 pm | Growing Kids Inside and Out, 5440 Forest Drive, Columbia. Kids learn about heart health in a fun way.

NCBA COFFEE TALK WITH DIETITIAN LISA AKLY

8 am | 2965 Main Street, Columbia

FEB 03 | NATIONAL WEAR RED DAY

Encourage friends and family to wear red today as a way to raise awareness about heart disease, the number one killer in America.

FEB 04 | ZUMBATHON

8:30 am, Doors Open | 10-10:30 am, World Record Session. USC Strom Thurmond Wellness & Fitness Center, 1000 Blossom Street, Columbia. Help us break the world record AGAIN this year for the most people doing Zumba®! Free Admission. Wear red. Zumba® for heart health!

FEB 05 | RICHLAND COUNTY PUBLIC LIBRARY BOOK DISPLAY

Main RCPL, 1431 Assembly Street, is featuring suggested reading about better heart health, treatment and prevention throughout the entire month.

FEB 06 | WALKING CHALLENGE

Record your steps and the highest number wins a \$35 VISA Gift Card. Visit HealthyPalmetto.org or call 296-3070 to register.

FEB 07 | MENDED HEARTS

6:30 pm | 8 Richland Medical Park, Suite 100 | Support group for cardiac patients and their caregivers. Anyone interested is invited to attend.

FEB 08 | IRMO CHAMBER OF COMMERCE

11:30 am | St. Andrews Presbyterian Church | Dr. Kyle Hewitt of Lexington Heart, a Palmetto Health Heart Associates practice, speaks at this monthly luncheon.

GREYSTONE BLOOD DRIVE

11 am-4 pm | Palmetto Health's Greystone facility, 293 Greystone Blvd., large conference room. Walk-ins welcome or call 434-3700 to schedule a time.

FEB 09 | COLUMBIA CHAMBER OF COMMERCE MIDDAY

12 pm | Brookland Baptist Conference Center | Dr. Richard Edelson of Palmetto Heart, a Palmetto Health Heart Associates practice, speaks at this monthly luncheon.

HOME CARE BLOOD DRIVE

10 am-3 pm | 1400 Pickens Street, 3rd floor. Walk-ins welcome or call 434-3700 to schedule a time.

DIABETES AND YOUR HEART: MYTHS AND FACTS

6-7 pm | Palmetto Health Baptist, 1301 Taylor Street, Basement. Call 296-8906 to register. Seminar and support group. Anyone interested is invited to attend.

FEB 10 | COLUMBIA WOMEN'S SHOW

10 am-8 pm | Columbia Metropolitan Convention Center | Visit the Palmetto Health booth to check your BMI and blood pressure, and learn about a woman's health journey.

FEB 11 | COLUMBIA WOMEN'S SHOW

10 am-7 pm | Columbia Metropolitan Convention Center.
1 pm | Lisa Akly, Cardiac Rehabilitation dietitian, on the Cooking Stage.

FEB 12 | COLUMBIA WOMEN'S SHOW

11 am-5 pm | Columbia Metropolitan Convention Center.
Visit the Palmetto Health booth to check your BMI and blood pressure, and learn about a woman's health journey.

FOR MORE INFORMATION CONTACT CARECALL
AT 803-296-CARE (2273) OR LOG ONTO 29HEARTDAYS.COM



FEB 13 | CHICK-FIL-A FAMILY NIGHT

5-8 pm | Growing Kids Inside and Out | 10136 Two Notch Road, Columbia.
Kids learn about heart health in a fun way.

FEB 14 | LEXINGTON CHAMBER OF COMMERCE

7:30 am | Country Club of Lexington | Dr. Vince Vismara of Lexington Heart, a Palmetto Health Heart Associates practice, speaks at this monthly breakfast.

FEB 15 | PALMETTO HEALTH COFFEE TALK

8 am | Discuss heart disease with experts and survivors at:
Panera Bread, 6080 Garner's Ferry Rd., Columbia | Panera Bread, 1007 Bower Pkwy., Irmo | Desserts & More, 4611 Hardscrabble Rd., Columbia | Jamestown Coffee Co., 5166 Sunset Blvd., Lexington | Peace, Love & Rocky Roast, 923 Gervais St., Columbia.

FEB 16 | ATRIAL FIBRILLATION EDUCATIONAL PROGRAM

6-7:30 pm | Palmetto Health Heart Hospital Atrium Classroom | Dr. Wade Collins, cardiologist with Columbia Heart, discusses the latest in CryoAblation technology for treatment of abnormal heartbeat issues. Call 296-CARE to register.

FEB 17 | PERIPHERAL VASCULAR DISEASE EDUCATIONAL PROGRAM AND LUNCHEON

12-2 pm | Palmetto Health Heart Hospital Atrium Classroom | Do you have leg cramping, fatigue or tingling in your feet? Dr. Stacy Graham, cardiologist with Columbia Heart, and Dr. Kyle Hewitt, cardiologist with Lexington Heart, help you better understand vascular disease. Sign up for a follow-up PVD screening. Call 296-CARE to register.

FEB 18 | AMERICAN HEART ASSOCIATION HEART BALL

Palmetto Health Heart Hospital representatives join members of the community at this social event with a life-saving purpose: building healthier lives, free of cardiovascular diseases and stroke.

FEB 19 | HEART ART

Heart focused artwork created by Richland County school children is on display all month throughout the Palmetto Health Heart Hospital.

FEB 20 | REGISTER FOR TREADMILL GRAND PRIZE DRAWING

You could be the lucky winner of our heart healthy grand prize – a treadmill valued at over \$1,000. Register at 29heartdays.com.

FEB 21 | ATRIAL FIBRILLATION EDUCATIONAL PROGRAM AND LUNCHEON

12-1:30 pm | Palmetto Health Heart Hospital Atrium Classroom | Dr. Wade Collins, cardiologist with Columbia Heart, discusses the latest in CryoAblation technology for treatment of abnormal heartbeat issues. Call 296-CARE to register.

FEB 22 | ROADSIDE TO BEDSIDE

8:30 am-4:30 pm | Educational seminar for paramedics, EMTs and other healthcare professionals to learn about regional Systems of Care for STEMI, Stroke and Trauma emergencies. CEUs provided. For more information, call 434-7287.

FEB 23 | COLUMBIA CHAMBER OF COMMERCE SUNRISE NE

7:30 am | Community Room, Village at Sandhill | Dr. Myron Bell of Palmetto Heart, a Palmetto Health Heart Associates practice, speaks at this monthly breakfast.

FEB 24 | STRESS FREE DAY

11 am-1 pm | Palmetto Health Heart Hospital Atrium | Free massages will be given by the Southeastern Institute. Information provided on reducing stress.

FEB 25 | HISTORIC COLUMBIA FOUNDATION CHILI COOK-OFF

5-8 pm | Ellison Building at the State Fairgrounds | Sponsor of the Heart Healthy Chili Contest. For more information visit HistoricColumbia.org or call 296-CARE.

FEB 26 | ONLINE GROCERY STORE TOUR

Learn from dietitian Lisa Akly how to read labels and make heart healthy decisions when buying groceries. Click on Feb 26 on 29heartdays.com.

FEB 27 | PRIME TIMES PROGRAM: SLEEP & YOUR HEART

2-3 pm | Palmetto Health Baptist Auditorium | Dr. Rodney Harrison of Palmetto Heart, a Palmetto Health Heart Associates practice, shares the latest research on the impact of sleep on your heart health. Call 296-5978 to register. Adults 55+ only.

FEB 28 | THE HEART SPA

6:30 pm | 701 Whaley Street | Lisa Holland Ph.D. will help women understand the link between their emotions and cardiovascular health and provide tools to help women manage internal emotional stressors that can negatively affect heart rate and blood pressure. Call 296-CARE to register.

FEB 29 | AMERICAN RED CROSS HANDS-ONLY CITIZEN CPR CLASS

11 am AND 6 pm | Palmetto Health Heart Hospital Atrium Classroom
This class teaches how the hands-only technique can save a life.
Call 296-CARE to register.



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