



Did You Know?

Heart disease is the number one killer of American women, taking more lives than all forms of cancer combined.

In collaboration with the American Heart Association's *Go Red for Women* campaign, the Memorial Hermann Heart & Vascular Institute-Southwest is proud to offer the following free, community events to educate about heart disease and prevention.

Hearts and Soles Walk

Tuesday, February 11th from Noon to 1 p.m.

Starting in the Pavilion Breezeway between the Breast Center and Heart & Vascular Institute

Join our dedicated Cardiac Rehab and Food/Nutrition Staffs for a fun walk around our campus and learn about staying heart healthy. Participants that complete the course will be entered into a raffle for 4 tickets to the Rockets versus the Wizards on February 12th.

The Heart of the Matter

Saturday, February 15th from Noon to 6 p.m.

Whole Foods Market - Sugar Land • 15900 Southwest Fwy, Sugar Land, TX 77479

Join staff and affiliated physicians from Memorial Hermann Sugar Land and Memorial Hermann Southwest and participate in healthy shopping tours, "Heart to Heart" stations with experts in heart health and enjoy samples of healthy faire from Whole Foods.

Red Wine, Dark Chocolate

Saturday, February 22nd from Noon to 3 p.m.

The Galleria (first floor in front of Nordstrom's) • 5085 Westheimer Rd, Houston, TX 77056

Listen to experts in heart health, participate in free health screenings and exercise demonstrations, and find out the steps you can take to prevent heart disease.