

2011-12 Heart Health Calendar of Events

*Heart healthy classes and events from
Christiana Care Health System*



CLASSES, LECTURES, EVENTS AND SCREENINGS

DATE

CARDIAC NUTRITION CLASSES

**Eugene duPont Preventive Medicine
and Rehabilitation Institution**

Call 302-661-3426 for more information

September 28
October 26
November 16
December 21

CARDIAC NUTRITION CLASSES

Glasgow Medical Center

Call 302-832-5415 for more information

October 19
November 16
December 14

CARDIAC NUTRITION CLASSES

HealthCare Center at Christiana

Call 302-623-0410 for more information

October 19
November 16
December 14

4TH ANNUAL WILMINGTON KIDNEY WALK

Dravo Plaza at the Riverfront Wilmington

Call Christin Naab at 215-923-8611 for more information
or visit www.kidneywalk.org/delaware

October 16

KIDNEY EARLY EVALUATION PROGRAM (KEEP)

The Resurrection Center, 3301 N. Market Street, Wilmington, DE 19802

Free kidney health screening offered by National Kidney Foundation
including blood and urine tests to find out if you are at risk for kidney disease
Call 1-800-697-7007 for more information

November 2
5–8 p.m.

FOOD FOR A HEALTHY HEART

John H. Ammon Medical Education Center

Nutrition and cooking for cardiovascular health, a collaborative
effort with Christiana Care Center for Community Health

January 10, 2012
7– 8:30 p.m.

COMMUNITY HEART LECTURE

John H. Ammon Medical Education Center

Women's heart health featuring a panel of cardiovascular
physicians from Christiana Care

February 23, 2012
7– 8:30 p.m.

DANCE YOUR HEALTH OUT

John H. Ammon Medical Education Center

Promoting physical activity through dance with health education, screenings and
tips for preventive health, particularly the prevention of cardiovascular disease

March 8, 2012
5–8 p.m.

For more on heart health:
<http://www.christianacare.org/heart>
www.christianacare.org/hearttest



**CHRISTIANA CARE
HEALTH SYSTEM**

Women's Health Services