BE HEART HEALTHY

American Heart Association
Learn and Live

February 3
Celebrate National Red Wear Day, employees are encouraged to wear red to work to show their dedication and support of heart disease –a condition that claims the life of one person every minute.

10:45-12:00pm "Staying Heart Healthy Past 40" presented by Dr. Tom Barringer, Co-Medical Director of Presbyterian Novant Heart and Wellness. He will discuss preventing heart attacks and strokes. Email specific questions for Dr. Barringer to Karen.Streppa@cpcc.edu by January 26. All participants will receive a "Heart Healthy" red gift bag. Immediately following, campus Go Red pictures will be taken. Locations are Central Tate Hall, Cato CT163, Harper TBD, Harris H2-2130, Levine LV 2201, Merancas TS241

February 8
12:00-1:00pm Dr. Eric Wang, Radiologist, will discuss both Peripheral Vascular Disease (PVD) and Varicose Veins symptoms and treatment options. Dr. Wang will be available to answer any questions. A light salad, fruit and vegetable lunch will be served.
Presented by Charlotte Radiology – Interventional Radiology Team @ Central – HL 304

February 13
12:00-1:00pm Lisa Stimmer, Healthy Lifestyle Coach and Natural Gourmet Chef, will discuss selecting and serving healthy balanced meals. Participants will be served a light healthy balanced lunch.
Presented by Earth Fare @ Central – HL 304

February 21
12:30–1:30pm How Can Diet and Exercise Help Us Get Energized and Maintain That Energy Throughout the Day? This workshop will help participants to understand how their choices in food and exercise affect their health, and to learn how to make changes in their lifestyles.
Presented by Student Life and Family Resource Center @ Central – CH 301

February 29
12:00-1:00pm Sabrina Black, Program Chair Cardiovascular Technology, will discuss "Heart Tests, From A Patient's Perspective". She will focus on what the test results show, what to expect, and what are various treatment options. A light salad, fruit and vegetable lunch will be served.
Presented by CPCC Cardiovascular Technology Program @ Central – HL 304

FREE - Cardiovascular Risk Assessment
An important first step in preventing heart disease and stroke is determining your level of risk. During the entire month of February, the Novant Heart and Wellness Center is offering FREE one-on-one heart risk assessments, which include cholesterol level and blood pressure checks, as well as personal consultations on how to reduce your risk of developing heart disease.
Presented by Novant Heart and Wellness Center-Don't Delay. Call 704-384-CARE (2273) for your free screening.

February 17, or April 20
Heartsaver AED course teaches CPR, AED use, and relief of choking in adults and children. Participants must preregister in LearnerWeb, pick up a text book and then read the text before the class.

Remember seating is limited, so register in Leaner Web to reserve a seat for each event.

*All events are non-PD credit.

Presented by: Be Well, Cardiovascular Technology, Family Resource Center, Health & Physical Education, Human Resources, Learning Technology Services and Professional Development

Be Well!

Get There.
CENTRAL PIEDMONT COMMUNITY COLLEGE