

RAISING HEART HEALTH FOR ALL WITH FREE SCREENINGS

Celebrate American Heart Month with Lenox Hill Hospital. Join us for a day of free health education and consultations with some of New York's top health care specialists.

Free screenings:

- Cholesterol/HDL
- Glucose
- Blood pressure
- Body mass index (BMI)
- Lung function

Free health education:

- Vascular issues
- Stroke risks, symptoms and treatment
- Diabetes
- Using a defibrillator (AED)
- Hands-only CPR
- Medications (bring yours to discuss with a pharmacist)
- Physical therapy
- Stress management
- Nutrition and heart-healthy snacks

**Go Red
Heart Health Fair**
Friday, February 3
11am - 2pm

**Einhorn Auditorium at
Lenox Hill Hospital**

131 East 76th Street
(between Lexington and Park Avenues)

