



WOODLAND HEIGHTS
MEDICAL CENTERSM

www.woodlandheights.net

Heart Fair 2010

**Saturday, February 6
8 a.m. – 11 a.m.**

**Lufkin Mall – Sears Court
Admission is Free**

Everyone's invited for a day filled with health screenings and information.
To learn more, call Jennifer Stevens at (936) 637-8688.

Free Screenings (for adults 18+)

- **Lipid Profile***
(including total cholesterol, triglycerides, HDL cholesterol & LDL cholesterol)
- **Blood Pressure**

All testing will end at 11 a.m.

In addition to the health information available, we will also be holding mini-seminars. All seminars will last 15-20 minutes and will be held in the Party Room (near the Sears Court):

- 8:30 a.m. Diabetes: What you should know**
- 9:00 a.m. Cholesterol: The good, the bad, and the ugly**
- 9:30 a.m. Cardiac Rehab: What is it and why is it important?**
- 10:00 a.m. Fitness for the Heart**
- 10:30 a.m. Diabetes: What you should know**

Drop by the Lufkin Mall booth to sign up for the door prize drawing of a gift basket loaded with great stuff from Lufkin Mall vendors.

* For best results, please do not eat after midnight on Friday, February 5, until you have completed all testing.