

Celebrate American Heart Month at Missouri Baptist Medical Center's

HEART OF THE FAMILY EVENT

**SATURDAY,
FEBRUARY 4**
9 a.m.-1 p.m.

Missouri Baptist Medical Center
Enter at Main Entry or North Entry/Building D



This FREE event focuses on heart health and features FREE health screenings and interactive fun activities for the entire family. Join us to learn how you can make 2012 the year for your family's heart health.

Heart of the Family Event

Family Activities

Taste-A-Rama: Delicious, heart-healthy food samples.

Behind-the-Scenes: Tour our high-tech Heart Center.

Interactive Kids Activities:

- Babaloo - Fun, energetic activity with music.
- St. Louis Children's Hospital and Missouri Baptist - Fun and healthy hands-on activities.

Free Health Screenings

Cholesterol (total cholesterol and HDL – no fasting required.)

Glucose

Blood Pressure

Body Composition Analysis: A quick analysis of your body composition, including percent body fat and muscle mass.

Noon-12:45 p.m.

The Heart of the Family . . . Build a Better Breakfast

Jennifer Bushman

Join Jennifer for a high energy presentation with delicious ideas to turn your breakfast into one of your best meals of the day. Jennifer has been recognized by the James Beard Foundation and the International Association of Culinary Professionals as one of our nation's top culinary communicators and teachers. She is author of the best-selling *Kitchen Coach*.

Physician Presentations

9:30-10:15 a.m.

New Treatment Options for A-Fib

Karthik Ramaswamy, MD, electrophysiologist

10:30-11:45 a.m.

Update on Surgical and Catheter Therapies for Aortic Valve Disease

John Hess, MD, interventional cardiologist

Michael Mauney, MD, cardiothoracic surgeon

Dierbergs Markets' "Healthy 2" cookbook will be available for purchase. Book signing by Sherry Hoyt, RD, Missouri Baptist registered dietitian, and Barb Ridenhour, director of consumer affairs, Dierbergs Markets, Inc.



Missouri Baptist
MEDICAL CENTER

BJC HealthCare

www.missouribaptist.org

This program is FREE, but advance registration is recommended. Call 314-996-LIFE to register.