

# Show your heart some love.

Join **HCA Virginia** for free heart health presentations and screenings. Call 804-320-DOCS (3627) for more information or to register for our physician panel discussions.

**LEARN MORE.** Physicians—primary care and specialists—will answer your questions and discuss A-Fib, heart failure, minimally-invasive robotic surgical options, heart disease in women, and more.

▶ **Tuesday, February 21, 6 p.m.**

Willow Oaks Country Club, 6228 Forest Hill Avenue, Richmond

▶ **Wednesday, February 22, 6 p.m.**

Holiday Inn at Fort Lee, 401 East Roslyn Road, Colonial Heights

▶ **Thursday, February 23, 6 p.m.**

The Westin Richmond, 6631 West Broad Street, Richmond

**GET SCREENED.** Discover your risk for heart disease with FREE Blood Pressure, BMI, Cholesterol, Blood Sugar and PAD screenings. **All screenings are 8 a.m. to noon.**

▶ **Friday, February 10 • John Randolph Medical Center**

Classroom A/B, 411 West Randolph Road, Hopewell

▶ **Saturday, February 11 • Henrico Doctors' Hospital**

Williamsburg Room, 1602 Skipwith Road, Richmond

▶ **Friday, February 17 • Retreat Doctors' Hospital**

Classroom, 2621 Grove Avenue, Richmond

▶ **Saturday, February 18 • Johnston-**

**Willis Hospital**, Stalker Auditorium,  
1401 Johnston-Willis Drive, Richmond

▶ **Friday, February 24 • Chippenham**

**Hospital**, Boshier Auditorium, 7101 Jahnke  
Road, Richmond

## Get Your Groove On Day of Dance • Saturday, February 25

Learn how to make fitness fun with dance at 30 participating locations. For details, visit [women.hcavirginia.com](http://women.hcavirginia.com).

