

# February Heart Month

Friday, Feb. 5

## National Wear Red Day

Health screenings, **free, 9 a.m. – 6 p.m.**  
*Community Health Education Center (CHEC)*

Friday, Feb. 5

## Friday night out: *The joy of healthy cooking*

Weight Watchers pro Jena Hedding and  
Salem Health Executive Chef Sean Roe  
**\$35, 6 – 8 p.m.**  
*CHEC\**

Wednesday, Feb. 10

## Go Red in Dallas

Free blood pressure checks, cholesterol  
screens, food, facts and fun, **free, 2 – 4 p.m.**  
*West Valley Hospital, Dallas*

Thursday, Feb. 11

## Healthy Hearts educational support group

Eileen Schramm, RN, speaks on diabetes and  
heart disease, **free, 6:30 – 7:30 p.m.**  
*CHEC, Classroom 1\**

Saturday, Feb. 13

## Family day at the carousel

Free rides, health screenings and informational  
displays, **free, 10 a.m. – 2 p.m.**  
*Salem Riverfront Park*

Wednesday, Feb. 17

## Culinary Rx: *Heart-smart kitchen savvy*

Dietitian Rachael Beyer discusses ingredient and  
tool tips for easy recipe preparation  
**\$20, 6 – 8 p.m.**  
*CHEC\**

Thursday, Feb. 18

## Health Fair and Forum

Kai Engstad, MD: Musings of a cardiac surgeon  
on the latest advancements in treating heart  
disease, **free, 6 – 7 p.m., informational displays,  
7 – 8:30 p.m., presentation/Q&A**  
*Salem Hospital Wedel Auditorium\**

Wednesday, Feb. 24

## Community flavor: *The doctor will feed you now*

Cardiac surgeon Tom Winkler and one of his former  
patients team up in the kitchen, **\$20, 6 – 8 p.m.**  
*CHEC\**

**\*Registration required. To pre-register and for a  
complete listing of all classes and events, please visit  
salemhealth.org/chec or call 503-814-CHEC (2432).**



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Salem Cardiovascular  
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