

Wear Red



Wear Red 2012 UPMC Hamot Heart Awareness Expo

Sheraton Bayfront Hotel
Friday, Feb. 3, 2012
9:30 a.m. to 3 p.m.

FREE EVENT!

Make this a healthier, happier year by joining us at the **6th Annual Wear Red Heart Awareness Expo**. It's your opportunity to express support for the prevention and detection of heart disease—the number one threat to women's health.

- 11 - 11:45 a.m. Self-Care Is Not Selfish, Burnout Is**
Mimi O'Conner, MS, LPC, NCC
- Noon - 1 p.m. Palpitations: The Why, What, and How**
Kelly Hayes, MD
- 1:15 - 2 p.m. Vitamins & Minerals & Herbs... Oh My!**
Audrey Swonger, CRNP
- 2:15 - 3 p.m. How Low Can You Go? Decreasing Your Cardiac Risk**
Kelly Hayes, MD

Healthy Snacks!
Free Screenings!
Shopping!

Free screenings will be conducted including blood pressure, cardiovascular risk assessment, body mass index, and stroke risk assessment. Cholesterol and blood sugar testing will also be offered from 9:30 a.m. to 2 p.m. at a discounted rate of \$10—a 50% savings! Please call 814-877-2045 to make an appointment. Enjoy complimentary refreshments and a raffle while shopping at some of your favorite local vendors.

UPMC Hamot



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