

NORTHERN MICHIGAN FEBRUARY IS *Heart Month* CELEBRATE ANYWHERE



FREE COMMUNITY EVENTS

ALPENA EVENTS

Alpena Senior Center | 501 River St | Alpena

Heart Healthy Nutrition - Free Snack

Presented by Registered Dietitian Jeanne Kincaid, RD, CDE
Wednesday, February 13 | 10:30 - 11:30 a.m.

Heart Innovations & AFib

Presented by Daniel Buerkel, MD
Wednesday, February 27 | 10:30 - 11:30 a.m.

CHEBOYGAN EVENTS

Cheboygan Community Medical Center | 740 S. Main St | Cheboygan

Community CPR Training - Cheboygan

Thursday, February 21 | 11 a.m. - 1 p.m. (Cafeteria)

Mediterranean Heart Healthy Snacks Cooking Demonstration*

Presented by Rebecca Godfrey, CEP, and Phyllis Tule, RN
Thursday, February 21 | 5:30 - 7 p.m.

GAYLORD EVENTS

Gaylord Family Practice | 1320 E M-32 | Gaylord

Health Screening

Blood pressure, BMI, Cholesterol, Glucose, and more
Thursday, February 7 | 9 - 11 a.m. (Lower level)

Community CPR Training - Gaylord

Thursday, February 7 | 11 a.m. - 1 p.m. (Lower level)

ROGERS CITY EVENTS

Hoeft State Park | 5001 US 23 HWY N | Rogers City

Lantern Cross-Country Skiing

Enjoy nature, exercise, and eat a healthy snack with friends
Saturday, February 2 | 6:30 - 10 p.m.

SEE BACK FOR MORE EVENTS

PETOSKEY EVENTS

Held at John and Marnie Demmer Wellness Pavilion and Dialysis Center unless otherwise noted
820 Arlington Ave | Petoskey

One Free Aquatics, Strength Training, or Yoga Class in February

Any offered day in February, see list at
McLaren.org/northernclasses

Heart Innovations in Northern Michigan

Presented by Jason Ricci, MD
Emmet County Friendship Center | 1322 Anderson Rd | Petoskey
Tuesday, February 12 | 12:30 - 1 p.m.

Community CPR Training - Petoskey

Thursday, February 14 | 11 - 1 p.m.

Low Sodium Cooking Class *

Presented by Melissa Jaskowski, RD and Elaine Siwiec, BSN
Tuesday, February 12 | 6 - 7:30 p.m. (Second floor)

Health Screening

Blood pressure, BMI, Cholesterol, Glucose, and more
Presented by Michigan Heart and Vascular Staff
Tuesday, February 19 | 8 - 10 a.m. (Second floor)

Diabetes Friendly, Heart Healthy Cooking with Fustini's Oils and Vinegars *

Presented by Registered Dietitian Jeanne Kincaid, RD, CDE, and Chef Jon from Fustini's
Monday, February 20 | 5:30 - 7 p.m. (Second floor)

Sleep and Your Heart Health

Presented by McLaren Northern Michigan Sleep Center
The Friendship Center | 305 W. Main St | Harbor Springs
Thursday, February 21 | 1 - 2 p.m.

Heart Innovations in Northern Michigan

Presented by Michigan Heart and Vascular Physician
Independence Village | 965 Hager Dr | Petoskey
Tuesday, February 26 | 11 - 11:30 a.m.

800-248-6777 | mclaren.org/northernheartmonth

HEART MONTH EVENTS ARE FREE OF CHARGE

* Limited Seating | registration required for Cooking Classes

Get Up

& MOVE



JOIN US on FEB. 14 @ 2:14 p.m.

FIVE MINUTES A DAY OF EXERCISE IS SHOWN
TO INCREASE HEALTH AND LIFESPAN.*

This Heart Month, McLaren Northern Michigan
is challenging the community to
GET UP & MOVE
on 2/14 @ 2:14 p.m.

Take a selfie while you're up and
moving anytime in the month of
February. Then post it to our
Facebook page with #GetUpandMove
or email marketing@northernhealth.org
for a chance to win a prize.

SHOP HEALTHY **FREE** GIVEAWAY

Stop by any of the McLaren Northern Michigan primary care
provider offices, or Michigan Heart and Vascular locations,
throughout northern Michigan and receive a **FREE** reusable
grocery shopping bag while supplies last.

Thursday, February 14 (limit 1 per person)

Gaylord, Cheboygan, Petoskey, Rogers City, and Sault Ste. Marie



NORTHERN MICHIGAN

DOING WHAT'S BEST.®

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*The Journal of American College of Cardiology