

FEBRUARY IS HEART SMART MONTH



Celebrating the Grand Opening of Bermuda's
Cardic Prevention and Rehabilitation Center
LET'S FIGHT HEART DISEASE TOGETHER



2011 Events Calendar

Pre Valentine Wine Tasting featuring artist Sharon Wilson	January 29	Goslings Wine Cellar – Host: Eastern Lion Club & Bermuda Heart Foundation	5:30 pm
Free Health Screening	February 2	Hamilton MarketPlace	11:00am – 2:00pm
“Let’s Go Red & Denim” Tag Day	February 4	Island wide	All Day
Meet The Doctors, and Colleagues of Dr. Oz- A Heart to Heart Talk Free Public Workshop and Q&A	February 4	Argus Insurance Bldg., 14 Wesley Street	5:30pm
Heart of the Matter Talks – Free workshop	February 7	KEMH Conference Room – Host: Cardiac Resource Group	7:00pm – 8:00pm
Steps to Help Someone During A Heart Attack – Free Workshop	February 8	CORE Centre, Chancery Lane, Hamilton	5:30pm
Free Health Screening	February 9	Shelly Bay MarketPlace	11:00am – 2:00pm
Heart Healthy Cooking Demo – Free Workshop	February 9	Clearwater Middle School – Host by: Community Education	6:00pm – 8:00pm
Devonshire Cougars Game supporting Heart Month & Special Tribute to Jeremy “Muchess” DeShields	February 13	Devonshire Recreation Field – Hosted by: Devonshire Rec.	3:00pm
Heart of the Matter Talks – Free workshop	February 14	KEMH Conference Room – Host: Cardiac Resource Group	7:00pm – 8:00pm
Holistic Approach For Health and Well-being	February 15	CORE Centre, Chancery Lane, Hamilton – Hosted by: Kumi Frith- Black	5:30pm
Free Health Screening	February 16	Heron Bay MarketPlace	11:00am – 2:00pm
Jump 2b Fit – School Teacher & Student Workshop ONLY	February 17	To Be Determined	11:00am – 3:00pm
Jump 2b Fit – Talent Showcase – Free family fun night featuring local school students and jump rope champions	February 18	To Be Determined	6:00pm
Heart of the Matter Talks – Free workshop	February 21	KEMH CONFERENCE ROOM – Host by: Cardiac Resource Group	7:00pm – 8:00pm
Women and Heart Disease, Know Your Risk & Health Screening – Free Workshop	February 22	CORE Centre, Chancery Lane, Hamilton – Hosted by: The Continental Society of Bermuda	5:30pm
Free Health Screening	February 23	Somerset MarketPlace	11:00am – 2:00pm
Heart Healthy Cooking Demo – Free Workshop	February 23	TNT Tatem Middle School – Host: Community Education Dept.	6:00pm – 8:00pm
Zumba Fitness Jam Heart Healthy Fun and Dance	February 24	To Be Determined – Hosted by: Body By Design	5:30pm – 7:30pm
Heart of the Matter Talks	February 28	KEMH CONFERENCE ROOM	7:00pm – 8:00pm

Let's Go Red for a Heart Smart Bermuda!

Sponsors:



A registered charity no. 352



Bermuda Heart Foundation

48 Par-la-ville Road, Suite 1189, Hamilton, HM 11 • Tel: 232-7812 • Fax: 232-4278 • www.mybermudaheart.bm