

# Go Red

for Women's Heart Health February 2, 3 & 4!

**The Heart Truth is** heart disease can largely be prevented.

Join women throughout The Dalles for three days of heart healthy fun and activities beginning Thursday, Feb. 2, through Saturday, Feb. 4. It's time to Go **Red** and learn how to love your heart. For more information contact the Planetree Health Resource Center at 541-296-8444 or [www.mcmc.net/library](http://www.mcmc.net/library).



A health promotion project of Mid-Columbia Medical Center, Planetree Health Resource Center, North Central Public Health District and Water's Edge.

[www.hearttruth.gov](http://www.hearttruth.gov)

#### Thursday, Feb. 2

##### Forks Over Knives Film Viewing and Panel Discussion Water's Edge, 6 – 8 p.m.

View this provocative documentary that examines the claim that the food we eat can control and even reverse most degenerative and chronic diseases; then join in on the discussion of how food and lifestyle can affect your heart health with MCMC Cardiologists David Guarraia and Kevin Wei, and Internal Medicine physician Prachi Garodia.

- **Limited seating, please call for registration at 541-296-8444**

#### Friday, Feb. 3

##### Heart Expo & Noon Heart Walk The Dalles Civic Auditorium, 11 a.m. – 2 p.m.

- Free health screenings
- Free Noon Heart Walk – Poker Fun Walk (just for fun!)
- Coupons for reduced cost lipid profile
- Free interactive exhibits & raffle drawings
- Learn to reduce stress at our Relaxation Station
- Soup & bread lunch available in the Heart Health Café (\$3 - cash only)

#### Saturday, Feb. 4

##### The Heart Truth – 3k/5k Walk/Run (Wear Your Red) Klindt's Pocket Park, 10 a.m.

- On-site registration 9:30am
- To be guaranteed a shirt pre-register by Friday, January 27 at [www.mcmc.net](http://www.mcmc.net), or pick up a registration form at the Planetree Health Resource Center, 200 E 4th St., The Dalles
- Cost: **Pre-registration:** \$15 includes shirt; \$5.00 no shirt, or **Day of Race Registration:** \$20 includes shirt; \$10 no shirt