



# Saint Anthony's Keeps the Beat for Heart Month!

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(ALTON, IL) – In recognition of American Heart Month, area residents can receive **free** cholesterol screenings, plus learn the signs and symptoms of heart disease at a community health program on Saturday, February 26, at 10 a.m. at Saint Anthony's Health Center.

Called “*Keep the Beat*,” the program features Rama Gondi, M.D., a Cardiologist on the Medical Staff of Saint Anthony's, who will provide information on a number of heart health topics, including:

- High Blood Pressure
- Cholesterol
- Heart Failure
- Heart Attack
- Diabetes and the Heart
- Heart Disease in Women
- Arrhythmias
- Atrial Fibrillation

Free health screenings – including blood pressure and cholesterol checks – will be offered before and after Dr. Gondi's presentation, and are free for those attending the program.

A heart-healthy continental breakfast will be served. To register, please call 465-2264.

*Julie Weiner (left) and Mary Pulido wear red for a discount in the Gift Shop at Saint Anthony's. In recognition of American Heart*

*Month, anyone wearing red on Fridays in February to Saint Anthony's Gift Shop receive 25 percent discount off of an item. Saint Anthony's Health Center is sponsoring a number of Heart Month activities, including free apples in the hospital cafeterias and heart healthy education, plus free blood pressure and cholesterol screenings. For information, please call 618-465-2264.*