



Celebrating HEART MONTH



LOVE YOUR HEART. WE DO.
SalinasValleyHealth.com/heartmonth

Heart Month 2025 Activities

EXERCISE CHALLENGE

This FREE 4-week exercise program:
Monday, February 3 through Sunday, March 2
The program is designed to promote a healthy lifestyle and encourage people to get regular aerobic exercise. Get heart healthy. Win prizes! For more information visit SalinasValleyHealth.com/exercisechallenge2025

LEADER LED HEART WALKS

Take a break and walk with a leader following the red footsteps around campus every Friday during the month of February!

Every Friday of the month:
February 7, 14, 21, 28 at 11:30am
Meet us at the medical center's main entrance.

WALK WITH A DOC

Join our physicians on a monthly walk and talk that will inspire and inform.

Saturday, February 8 at 9:00am
Fort Ord National Monument, Badger Hills Trailhead
Speaker: Cardiologist Tim Albert, MD, MHCM Chief Clinical Officer
Topic: Lowering your Risk for Developing Heart Disease
For more information and to register, visit SalinasValleyHealth.com/walkwithadoc



FEBRUARY RED HAT CAMPAIGN

Every baby born at Salinas Valley Health during the month of February will go home with a hand-made red hat courtesy of our own dedicated hat making volunteers and the American Heart Association *Little Hats, Big Hearts* campaign. The effort raises awareness of heart disease - the number one killer of Americans, and congenital heart defects - the most common type of birth defect in the country.

MENDED HEARTS

Mended Hearts is the country's longest running peer-to-peer cardiac support group, offering a unique physician-endorsed support model to help heart patients, families and caregivers.

Tuesday, February 18 at 6:00pm
Downing Resource Center (located below the parking structure) Conference Rooms A&B
450 East Romie Lane, Salinas
Speaker: Vincent DeFilippi, MD
Topic: Ozempic and the Heart
For more information, call 831-755-0772.

ASK THE EXPERTS PRESENTATION

When it comes to your heart health, trust Salinas Valley Health to provide the expert care, advanced technology and personalized support you deserve. Join our *Ask The Experts* presentation to gain insightful knowledge that empowers you to live well and prioritize your heart's health.

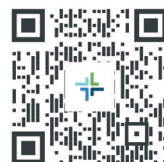
Topic: Newest Advancements in Minimally Invasive Cardiovascular Care

Wednesday, February 26
5 Lower Ragsdale Drive, Monterey
5pm reception; 6pm presentation

Speakers: Harlan Grogan, MD, Rikin Kadakia, MD, Jamil Matthews, MD

Moderator:
Tim Albert, MD, MHCM
Chief Medical Officer

Seating is limited. Register now by scanning the QR code.



EMPLOYEE RECIPE CONTEST

Show off your culinary creations! Submit a photo of a heart-healthy dish. Include a brief description of the recipe and a sentence or two about what makes your dish special.

Wednesdays in February, before 3:00pm
For more information or to submit your entry, email contest@SalinasValleyHealth.com.
Winners will be announced in STAR News.

DATES TO REMEMBER

February 3 through March 2
Exercise Challenge

Fridays, February 7, 14, 21, 28
Leader Led Heart Walks around medical center campus

Friday, February 7
National Wear Red Day

Saturday, February 8
Walk With A Doc
Speaker:
Cardiologist Tim Albert, MD, MHCM
Chief Clinical Officer
Topic:
Lowering your Risk for Developing Heart Disease

February 9-15
Cardiovascular Professional Week
Cardiac & Pulmonary Rehabilitation Week

Tuesday, February 18
Mended Hearts February Meeting
Speaker: Vincent DeFilippi, MD
Topic: Ozempic and the Heart

Wednesday, February 26
Ask The Experts presentation
Join us at 5 Lower Ragsdale Drive, Monterey
5pm reception, 6pm presentation