

28 Days of **#UTSWHeart**

Join us at our 2019 Heart Month Health Fairs

FRIDAY, FEB. 1
11 a.m. - 1 p.m.

Bass Center Food Court

FRIDAY, FEB. 15
11 a.m. - 1 p.m.

South Campus Food Court

- BMI, Blood pressure screenings, Body fat %
- Giveaway items & drawings
- Fitness assessment – Bring your walking shoes and sign up!
- Heart health information
- Talk with a preventive cardiologist

National Wear Red Day is Friday, Feb. 1.

Show your support and wear red for women's heart health!



All events sponsored by UT Southwestern Preventive Cardiology Program

To sign up for the fitness assessment, a walking test that indicates how physically fit you are, contact Carrie.Brown@utsouthwestern.edu