



Be Sweet to Your Heart

Be sweet to your heart, at Norman Regional's healthy heart event. You can learn about heart disease, prevention and nutrition from our experts. You can also be screened for your risk of experiencing a heart attack. Light refreshments will be served. Activities include:

- Free blood test, blood pressure screenings and risk assessments
- Information booths on heart health and wellness
- Cooking demonstration with Dr. Kyle Toal and Chef Benjamin Robinett

Norman Regional is offering everyone who attends the Health Heart Event a free lipid profile and A1C blood test. The blood test must be completed by Saturday, February 15th in order to have the results in time for the event. Bloodwork will not be drawn at the event. Simply take this ad into any Norman Regional affiliated laboratory during its normal business hours. **Fasting a minimum of 12 hours is suggested to have an accurate result. Plain Water is allowed to avoid dehydration.**

Tuesday, February 18

5:30 p.m. — 7:30 p.m.

5:30 p.m. – 6:30 p.m. — Healthy Heart Fair

6:30 p.m. – 7:30 p.m. — Expert Panel and Cooking Demonstration



Norman Regional Lab Locations:

Doctor's Park Building

500 E Robinson St. Suite 1600, Norman

Outpatient Diagnostic Services

901 N Porter, Norman

West Norman Professional Building

3400 W. Tecumseh, Norman

HealthPlex Hospital Outpatient Services

3300 HealthPlex Pkwy, Norman

Norman Regional Moore

700 S. Telephone Rd., Moore

Women's Healthcare Plaza

3400 R.C. Luttrell Dr., Norman

Registration is not required.

For questions, please call **405.307.7787**.



**NORMAN
REGIONAL**
Health System

Norman Regional Education Center
901 North Porter

NormanRegional.com