

# Portage Township YMCA

# Healthy Hearts Day



**Thursday**  
**February 21**  
9 - 11 am  
Portage Y Cafe

**February is Heart Month!** The Portage Township YMCA is teaming up with St. Mary Medical Center and the Valparaiso University nursing students in Public Health Nursing to provide free screenings and educational activities related to your heart health.

- Activities include:**
- Blood pressure and heart rate check
  - CPR introduction and practice
  - Signs and symptoms of stroke
  - Pharmacist review of heart medication
  - and more

Presented by:  
St. Mary Medical Center and  
the Portage Township YMCA



PORTAGE TOWNSHIP YMCA

**This program is FREE and open to the public. No registration required.**

**For more information, contact  
Danny Gonzalez, RN at 219-764-7217.**