



# SAN JUAN REGIONAL MEDICAL CENTER

## Community Calendar

**1.30.12**

**CPR/AED Training:** Do you know how to perform CPR? What about using an AED? Learn these life-saving skills with free CPR/AED training on February 18. You must be 18 years or older. Register online to reserve your seat at [www.sanjuanregional.com/cpr-aed](http://www.sanjuanregional.com/cpr-aed).

**Lipid Panel Testing:** Throughout the month of February, take advantage of a \$15 lipid panel to learn if you're at risk for heart disease. Love your heart and download a coupon at [www.sanjuanregional.com/loveyourheart](http://www.sanjuanregional.com/loveyourheart).

**A Fair of the Heart:** On February 18, San Juan Regional Medical Center will be holding a free health fair with door prizes, nutrition and diet information, blood pressure and cardiac screenings, open discussions with our cardiologists, and much more.

**For a complete listing of events, classes, support groups, and wellness resources, please visit our website at [www.sanjuanregional.com](http://www.sanjuanregional.com).**

**Because we care about your health, tobacco use is not permitted anywhere on the San Juan Regional Medical Center campus.**

