



YOUR HEART!

Show your heart a little extra love this month.

HEART MONTH EVENTS

Join Scott & White Healthcare to learn proper care and feeding of your heart.

All classes will be held at Scott & White Hospital - Round Rock and will last no longer than one hour.

FRIDAY, FEBRUARY 3, 2012

National Wear Red Day

Women and men everywhere are encouraged to wear red to raise awareness that heart disease is the number one killer of women.

WEDNESDAY, FEBRUARY 8, 2012

Losing salt without losing taste!

Tempt your taste buds without harming your health! Learn helpful tips from our Scott & White Healthcare nutritionists on how to prepare healthy and flavorful meals without salt!

Open to all. 4 p.m. cooking demonstration planned in the Round Rock Hospital Caf .

FRIDAY, FEBRUARY 10, 2012

Work/Life balance

How can you keep up with the challenges of your always-on career and still find time to do what you need to do at home, spend time with your family, enjoy some kind of social life and just plain relax? At risk are your personal relationships, your development as a person, your sanity and even your life. You need downtime to help your mind and body cope with the demands of your job and life. BUT HOW?

If the above sounds familiar, then you will probably benefit from some simple balance skills taught in this class. The first step toward balance is to think about what it means and what it looks like. What's the difference between stress and distress? What does

the word "mistake" mean to you? What difference will the word "no" or "yes" make? The class is interactive, thought provoking and hopefully, a life changing experience in self care.

*Open to all. 3 p.m. in the Round Rock Hospital Caf .
Facilitated by Vicki Joy McClure, supervisor of Spiritual Care.*

FRIDAY, FEBRUARY 17, 2012

Just say ommmmmm

Stress has been called "the silent killer" and can lead to heart disease, high blood pressure, chest pain and an irregular heartbeat. Learn easy and helpful meditation techniques to help you relax during stressful times.

*Open to all. 3 p.m. in the Round Rock Hospital Caf .
Facilitated by Vicki Joy McClure, supervisor of Spiritual Care.*

WEDNESDAY, FEBRUARY 22, 2012

Say hello to a new favorite

Do you have a favorite family recipe that needs a makeover? You know the one, made with cream, butter or cheese, deep-fried to a golden (unhealthy) perfection! You CAN update your favorite recipe to make it healthier without sacrificing flavor. Join our Scott & White nutritionists to learn tricks of the trade.

Open to all. 4 p.m. cooking demonstration planned in the Round Rock Hospital Caf .



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