

# FREE

## Because a Woman's Heart is Different

### The Truth about Women and their Hearts

#### Presenting Two Vital Health Events for Women



Everyone Has A Heart.

Heart disease is the number one killer of women, causing more than half a million deaths each year. But, because heart disease is regarded primarily as a "man's disease," women don't always know the risks and warning signs.

Find out what you need to know about woman's heart health and get a FREE screening, FREE gifts, and more!

To help you learn more about women and heart disease, SISTER TO SISTER – EVERYONE HAS A HEART, along with other sponsors, will be providing FREE drop-in heart-health screenings from February 16-23 throughout the metropolitan area. Just choose the time and place most convenient for you.

## FREE Woman's Heart Health Screening Schedule

Sponsored by



Health Solutions

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|--|---|--|--|
| Union Temple Baptist Church<br>(Fri.) February 16, 2001 (9am – 1pm)<br>1225 W Street, SE<br>Washington, DC 20020<br>(202) 678-8822 | The Shops at National Press<br>(Fri.) February 16, 2001 (9am – 1pm)<br>529 14th Street, NW<br>Washington, DC 20005<br>(202) 662-7005                        | Unity Health Care<br>(Fri.) February 16, 2001 (2pm-6pm)<br>Upper Cardoza Clinic<br>3020 14th Street, NW<br>Washington, DC 20009<br>(202) 745-4300                              | MedStar Clinical Research Center<br>(Sat.) February 17, 2001 (9am-1pm)<br>650 Pennsylvania Ave, SE<br>Suite 50<br>Washington, DC 20003<br>(202) 675-1043 |
| Foxhall Square<br>(Sat.) February 17, 2001 (9am-1pm)<br>3301 New Mexico Ave, NW<br>Washington, DC 20016<br>(202) 537-0787          | CVS Health Connection<br>(Sat.) February 17, 2001 (9am-1pm)<br>845 Bladensburg Road, NE<br>Washington, DC 20002<br>(202) 398-7228                           | CVS/Pharmacy<br>(Mon.) February 19, 2001 (9am-1pm)<br>320 40th Street, NE<br>Washington, DC<br>(202) 388-7799  | CVS/Pharmacy<br>(Mon.) February 19, 2001 (9am-1pm)<br>4555 Wisconsin Ave, NW<br>Washington, DC 20016<br>(202) 537-1459                                   |
| Metropolitan Baptist Church<br>(Mon.) February 19, 2001 (2pm-6pm)<br>1225 R Street, NW<br>Washington, DC 20009<br>(202) 483-1540   | Washington Adventist Hospital<br>(Tues.) February 20, 2001 (2pm-6pm)<br>7600 Carroll Ave<br>Takoma Park, MD 20912<br>(301) 891-7600                         | CVS Health Connection<br>(Tues.) February 20, 2001 (9am-1pm)<br>845 Bladensburg Road, NE<br>Washington, DC 20002<br>(202) 398-7228   | Hecht's Metro Center<br>(Tues.) February 20, 2001 (11am-3pm)<br>1201 G Street, NW<br>Washington, DC 20005<br>(202) 628-6661                              |
| Washington Hospital Center<br>(Wed) February 21, 2001 (9am-1pm)<br>110 Irving Street, NW<br>Washington, DC 20010<br>(202) 877-7000 | Greater Mount Calvary Church<br>(Wed) February 21, 2001 (2pm-6pm)<br>610 Rhode Island Ave, NE<br>Washington, DC 20002<br>(202) 529-4547                     | Howard University Hospital<br>(Wed.) February 21, 2001 (2pm-6pm)<br>2041 Georgia Ave, NW<br>Washington, DC 20060<br>(202) 865-6100   | Southeastern University<br>(Thurs.) February 22, 2001 (2pm-6pm)<br>501 I Street, SW<br>Washington, DC 20024<br>(202) 488-8162                            |
| Providence Hospital<br>(Thurs.) February 22, 2001 (9am-1pm)<br>1140 Varnum Street, NE<br>Washington, DC 20017<br>(202) 269-7000    | The Jewish Community<br>Center of Greater Washington<br>(Thurs.) February 22, 2001 (9am-1pm)<br>6125 Montrose Road<br>Rockville, Md 20852<br>(301) 881-0100 | National Heart, Lung, & Blood Institute<br>(Thurs.) February 22, 2001 (4pm-8pm)<br>Natcher Conference Center Atrium<br>45 Center Drive<br>Bethesda, MD 20892<br>(301) 592-8573 | MCI Center<br>(Fri.) February 23, 2001 (8am-2pm)<br>Woman's Heart Day<br>601 F Street, NW<br>Washington, DC 20004<br>(202) 628-3200                      |

#### No appointment necessary, call for directions

Every participant will receive FREE HEALTH SCREENINGS for blood pressure, glucose and cholesterol conducted by licensed healthcare professionals, and a FREE GIFT BAG filled with coupons and samples. What's more, team members from the Washington Mystics will appear at selected locations.

**And you're invited to the "Woman's Heart Day" Event Friday, February 23, 8:00 a.m. to 2:00 p.m. at the MCI Center (where you could win an Alaska cruise!)**

♥ FREE Admission ♥ Giveaways and Prizes, with the Chance to Win a Cruise ♥ Dozens of Information Booths ♥ Healthy-Cooking Demonstrations by Well-Known Area Chefs ♥ Heart Healthy Exercise Demos ♥ Panel Discussions on Fitness, Nutrition, Stress Management, and Heart Disease by Celebrities, Sports Figures, and Health Experts ♥ Activities for Children

Presented by SISTER TO SISTER – EVERYONE HAS A HEART

Check our website [www.womansheartday.org](http://www.womansheartday.org) for a schedule of events and further details

