

Go Red in your own fashion

Join us as we kick-off Heart Month.

Saturday, Jan. 28
Macy's at Salem Center

Fashion show 1 p.m.
Health fair 11 a.m. – 2 p.m.



 Salem Health
Heart & Vascular Center



Heart Month



Friday, Feb. 3
National Wear Red Day

Cholesterol, glucose, BMI and
blood pressure screenings
Free. 9 a.m. – noon

Wednesday, Feb. 8
**Culinary Passport: Healthy
Valentine Cooking with a
Provincial French Twist!***

Gayle Jolley, culinary educator
\$24. 6 – 8:30 p.m.

Thursday, Feb. 9
**Healthy Hearts Educational
Support Group**

Questions of the Heart
Dr. Kevin Thompson, cardiologist
Free. 6:30 – 7:30 p.m.

Saturday, Feb. 11
Family Day at the Carousel

Free carousel rides, health screenings,
fun and education for all ages
Free. 10 a.m. – 2 p.m.
Salem Riverfront Park

Thursday, Feb. 16
Heart Fair & Forum*

Information fair and presentation featuring
Dr. Raghu Kamineni and Dr. Kevin
Thompson, cardiologists, speaking on
“Belly fat impact on heart health”
Free. 6 – 8:30 p.m.
Salem Hospital, Bldg. B
Wedel Auditorium

Wednesday, Feb. 22
Cardiologist in the Kitchen*

Dr. Hrishy Iyengar, cardiologist, Chef
Robert Palomo and Dietitian Lizette
DuBay cook food for the heart
\$20. 6 – 8 p.m.

Wednesday, Feb. 29
**Culinary Passport: Spice it Up –
Thai Cooking***

Gayle Jolley, culinary educator
\$24. 6 – 8:30 p.m.

Unless otherwise noted, all classes are at the
Community Health Education Center on the
Salem Hospital campus, Bldg. D.

* Registration is required; go to salemhealth.org/chec
or call 503-814-CHEC (2432).

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