

Heart Attack Risk Program

See where you stand.

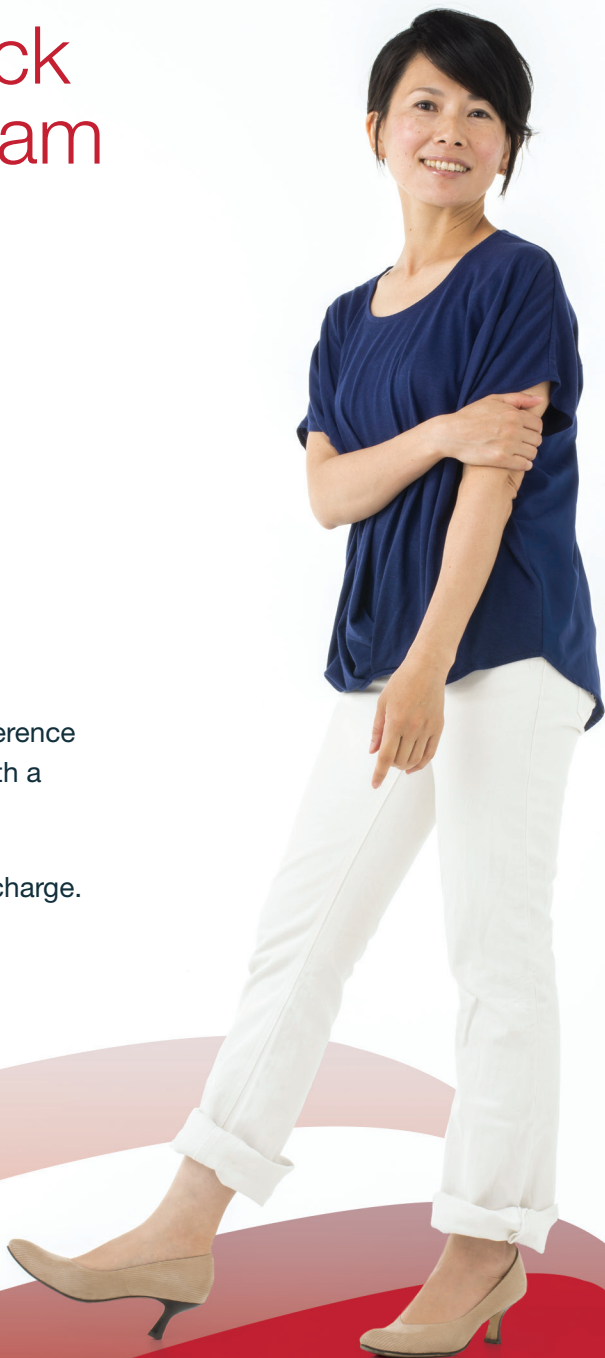
Our screening includes:

- Triglycerides
- Total Cholesterol
- Blood Sugar
- HDL Cholesterol
- Non-HDL Cholesterol
- LDL Cholesterol
- TC/HDL Ratio
- Bilateral Blood Pressure
- Weight/BMI/Waist Circumference
- Confidential Counseling with a Healthcare Professional

Screening is provided at no charge.

12-hour fast is required.

**For more information
call 540-536-3040**



 **ValleyHealth**

Healthier, together.

2019 Schedule

Hampshire Wellness & Fitness Center

1000 Heritage Circle, Romney, WV

Appointment required, call

304-822-7255 or 866-915-1125

January 29	8:00AM – 11:00AM
March 26	8:00AM – 11:00AM
April 30	8:00AM – 11:00AM
May 28	8:00AM – 11:00AM
June 25.....	8:00AM – 11:00AM
July 30	8:00AM – 11:00AM
August 27	8:00AM – 11:00AM
September 24	8:00AM – 11:00AM
October 22	8:00AM – 11:00AM
November 26.....	8:00AM – 11:00AM
December 17	8:00AM – 11:00AM

Page Memorial Hospital Fitness Center

12 E. Luray Shopping Center, Luray, VA

Appointment required, call 540-536-3040

March 19	8:00AM – 11:00AM
July 23	8:00AM – 11:00AM
November 19.....	8:00AM – 11:00AM

Shenandoah Memorial Hospital

759 S. Main St., Woodstock, VA

Appointment required, call 540-536-3040

March 1	8:00AM – 11:00AM
July 5	8:00AM – 11:00AM
November 1	8:00AM – 11:00AM

War Memorial Hospital

1 Healthy Way, Berkeley Springs, WV

Appointment required, call 304-258-6577

February 12	8:00AM – 11:00AM
May 14.....	8:00AM – 11:00AM
August 13	8:00AM – 11:00AM
November 12.....	8:00AM – 11:00AM

Warren Memorial Hospital Outpatient Center

120 N. Commerce Avenue, Front Royal, VA

Appointment required, call 540-536-3040

February 21	8:00AM – 11:00AM
June 27.....	8:00AM – 11:00AM
October 24	8:00AM – 11:00AM

Valley Health Wellness & Fitness Center (WMC Campus)

401 Campus Blvd., Winchester, VA

Appointment required, call 540-536-3040

January 11	7:00AM – 11:00AM
January 26.....	8:00AM – 11:00AM
February 8	7:00AM – 11:00AM
February 16	8:00AM – 11:00AM
March 8	7:00AM – 11:00AM
March 30	8:00AM – 11:00AM
April 5	7:00AM – 11:00AM
April 27	8:00AM – 11:00AM
May 10.....	7:00AM – 11:00AM
May 18.....	8:00AM – 11:00AM
June 14.....	7:00AM – 11:00AM
June 29.....	8:00AM – 11:00AM
July 12	7:00AM – 11:00AM
July 27	8:00AM – 11:00AM
August 9	7:00AM – 11:00AM
August 31	8:00AM – 11:00AM
September 13.....	7:00AM – 11:00AM
September 28.....	8:00AM – 11:00AM
October 11	7:00AM – 11:00AM
October 26	8:00AM – 11:00AM
November 8.....	7:00AM – 11:00AM
November 23.....	8:00AM – 11:00AM
December 6.....	7:00AM – 11:00AM
December 21	8:00AM – 11:00AM