

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.

2020 Schedule

Hampshire Wellness & Fitness Center

1000 Heritage Circle, Romney, WV

Appointment required, call

304-822-7255 or 866-915-1125

January 28.....	8:00AM – 11:00AM
March 24.....	8:00AM – 11:00AM
April 28.....	8:00AM – 11:00AM
May 26.....	8:00AM – 11:00AM
June 23.....	8:00AM – 11:00AM
July 28.....	8:00AM – 11:00AM
August 25.....	8:00AM – 11:00AM
September 22.....	8:00AM – 11:00AM
October 27.....	8:00AM – 11:00AM
November 24.....	8:00AM – 11:00AM
December 15.....	8:00AM – 11:00AM

Page Memorial Hospital Fitness Center

12 E. Luray Shopping Center, Luray, VA

Appointment required, call 540-743-8110

March 17.....	8:00AM – 11:00AM
July 21.....	8:00AM – 11:00AM
November 17.....	8:00AM – 11:00AM

Shenandoah Memorial Hospital

759 S. Main St., Woodstock, VA

Appointment required, call 540-536-3040

February 7.....	8:00AM – 11:00AM
June 5.....	8:00AM – 11:00AM
October 2.....	8:00AM – 11:00AM

Valley Health Wellness & Fitness | Woodstock

1195 Hisey Ave., Woodstock, VA

Appointment required, call 540-459-1387

April 16.....	8:00 AM – 11:00 AM
August 5.....	8:00 AM – 11:00 AM
December 2.....	8:00 AM – 11:00 AM

War Memorial Hospital

1 Healthy Way, Berkeley Springs, WV

Appointment required, call 304-258-6577

February 11.....	8:00AM – 11:00AM
May 12.....	8:00AM – 11:00AM
August 11.....	8:00AM – 11:00AM
November 10.....	8:00AM – 11:00AM

Warren Memorial Hospital Outpatient Center

120 N. Commerce Avenue, Front Royal, VA

Appointment required, call 540-536-3040

February 20.....	8:00AM – 11:00AM
June 25.....	8:00AM – 11:00AM
October 22.....	8:00AM – 11:00AM

Valley Health Wellness & Fitness Center (WMC Campus)

401 Campus Blvd., Winchester, VA

Appointment required, call 540-536-3040

January 10.....	7:00AM – 11:00AM
January 25.....	8:00AM – 11:00AM
February 21.....	7:00AM – 11:00AM
February 29.....	8:00AM – 11:00AM
March 13.....	7:00AM – 11:00AM
March 28.....	8:00AM – 11:00AM
April 14.....	7:00AM – 11:00AM
April 24.....	8:00AM – 11:00AM
May 8.....	7:00AM – 11:00AM
May 30.....	8:00AM – 11:00AM
June 12.....	7:00AM – 11:00AM
June 19.....	8:00AM – 11:00AM
July 10.....	7:00AM – 11:00AM
July 25.....	8:00AM – 11:00AM
August 14.....	7:00AM – 11:00AM
August 28.....	8:00AM – 11:00AM
September 11.....	7:00AM – 11:00AM
September 26.....	8:00AM – 11:00AM
October 9.....	7:00AM – 11:00AM
October 31.....	8:00AM – 11:00AM
November 13.....	7:00AM – 11:00AM
November 20.....	8:00AM – 11:00AM
December 11.....	7:00AM – 11:00AM
December 19.....	8:00AM – 11:00AM

*February 29

Wellness Festival, Apple Blossom Mall