

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 540-536-3050**



 **ValleyHealth**

Healthier, together.

2022 Schedule

All screenings held
8 A.M. – 11 A.M.

Hampshire Wellness & Fitness Center

1000 Heritage Circle
Romney, WV
**Appointment required,
call 304-822-7255 or
866-915-1125**

January 25
March 29
April 26
May 31
June 28
July 26
August 30
September 27
October 25
November 29
December 13

Page Memorial Hospital Fitness Center

12 E. Luray Shopping
Center, Luray, VA
**Appointment required,
call 540-536-3050**

March 15
June 14
November 15

Ranson Urgent Care

100 Oak Lee Dr., Ranson, WV
**Appointment required,
call 540-536-3050**

April 13
November 17

Spring Mills Urgent Care

61 Campus Dr.
Martinsburg, WV
**Appointment required,
call 540-536-3050**
March 31
October 12

Shenandoah Memorial Hospital

759 S. Main St.
Woodstock, VA
**Appointment required,
call 540-536-3050**
June 3
October 7

Valley Health Wellness & Fitness | Woodstock

1195 Hisey Ave.
Woodstock, VA
**Appointment required,
call 540-536-3050**
April 21
August 18
December 1

War Memorial Hospital

1 Healthy Way
Berkeley Springs, WV
**Appointment required,
call 540-536-3050**
February 8
May 10
August 9
November 18

Warren Memorial Hospital Outpatient Center

120 N. Commerce Ave.
Front Royal, VA
**Appointment required,
call 540-536-3050**
February 17
June 16
October 20

Valley Health Wellness & Fitness Center (WMC Campus)

401 Campus Blvd.,
Winchester, VA
**Appointment required,
call 540-536-3050**

January 14
January 29
February 11
February 26
March 11
March 26
April 8
April 30
May 13
May 28
June 10
June 25
July 8
July 30
August 12
August 27
September 9
September 24
October 14
October 29
November 11
November 19
December 9
December 17