

# 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.*

# 2023 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 24  
March 28  
April 25  
May 23  
June 27  
July 25  
September 19  
October 24  
December 19

## Page Memorial Hospital

200 Memorial Dr.  
Luray, VA  
**Appointment required,  
call 540-536-3050**

March 14  
June 13  
November 14

## Shenandoah Memorial Hospital

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

June 2  
October 6  
December 1

## Valley Health Wellness & Fitness|Woodstock

1195 Hisey Ave.  
Woodstock, VA  
**Appointment required,  
call 540-536-3050**

March 16  
July 20

## War Memorial Hospital

1 Healthy Way  
Berkeley Springs, WV  
**Appointment required,  
call 540-536-3050**

February 14  
May 9  
July 11  
December 12

## Warren Memorial Hospital Outpatient Center

120 N. Commerce Ave.  
Front Royal, VA  
**Appointment required,  
call 540-536-3050**

February 16  
June 15  
October 19

## Valley Health Wellness & Fitness Center (WMC Campus)

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

January 13  
January 28  
February 10  
February 18  
March 10  
March 25  
April 14  
April 29  
May 12  
June 9  
June 24  
July 14  
July 29  
August 10  
August 26  
September 7  
September 22  
October 12  
October 28  
November 9  
November 17  
December 14

Screening not intended for those  
with diabetes or vascular disease.