

# 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.*

# 2021 Schedule

8:00 AM – 11:00 AM

## Hampshire Wellness & Fitness Center

1000 Heritage Circle, Romney, WV

**Appointment required, call**

**304-822-7255 or 866-915-1125**

January 26

April 27

May 25

June 22

July 27

August 24

September 28

October 26

December 14

## Page Memorial Hospital Fitness Center

12 E. Luray Shopping Center, Luray, VA

**Appointment required, call 540-536-3050**

March 16

June 15

November 16

## Ranson Urgent Care

100 Oak Lee Dr., Ranson, WV

**Appointment required, call 540-536-3050**

April 28

November 17

## Spring Mills Urgent Care

61 Campus Dr., Martinsburg, WV

**Appointment required, call 540-536-3050**

March 31

October 27

## Shenandoah Memorial Hospital

759 S. Main St., Woodstock, VA

**Appointment required, call 540-536-3050**

June 4

October 1

## Valley Health Wellness & Fitness Woodstock

1195 Hisey Ave., Woodstock, VA

**Appointment required, call 540-536-3050**

April 15

August 19

December 9

## War Memorial Hospital

1 Healthy Way, Berkeley Springs, WV

**Appointment required, call 540-536-3050**

February 9

May 11

August 10

November 9

## Warren Memorial Hospital Outpatient Center

120 N. Commerce Avenue, Front Royal, VA

**Appointment required, call 540-536-3050**

February 18

June 17

October 21

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

401 Campus Blvd., Winchester, VA

**Appointment required, call 540-536-3050**

January 8

January 30

February 12

February 27

March 12

March 27

April 16

April 24

May 14

May 29

June 11

June 26

July 9

July 24

August 13

August 28

September 10

September 25

October 8

October 30

November 12

November 20

December 10

December 18

## Valley Health Virtual Health Fair

Locations to be announced, **Appointment required, call 540-536-3050**

March 20 – March 27 ..... 8:00 AM – 11:00 AM