



# FEBRUARY events

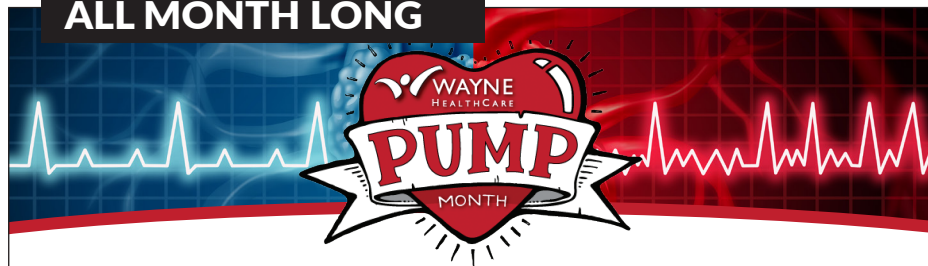
For more information, visit [WayneHealthCare.org](http://WayneHealthCare.org)

**FEBRUARY 2 IS NATIONAL WEAR RED DAY®**

Wear red to raise awareness & support women's heart health.



**ALL MONTH LONG**



## \$15 LIPID PANEL

MUST BE COMPLETED IN FEBRUARY FOR SPECIAL PRICING.

An 8 - 12 hour fast is required. Screen includes Total Cholesterol, HDL Cholesterol, LDL Cholesterol, and Triglycerides.

**NO APPOINTMENT NECESSARY • DOCTOR'S ORDER NOT REQUIRED**

**Outpatient Lab Hours:**  
Mon - Fri: 7am - 5pm | Sat: 7am - Noon

## \$20 EKG

MUST BE COMPLETED IN FEBRUARY FOR SPECIAL PRICING.

**NO APPOINTMENT NECESSARY • DOCTOR'S ORDER NOT REQUIRED**

## \$25 VASCULAR SCREENING

Screen includes Carotid Vascular Ultrasound, Abdominal Aorta Vascular Ultrasound, and Peripheral Arterial Disease Screening.

**APPOINTMENT REQUIRED • DOCTOR'S ORDER NOT REQUIRED**

To schedule an appointment, call (937) 547-5715.

**FEBRUARY 6**



**HEALTHY moments**

## Decoding Aortic Stenosis and Navigating Treatment Options

**Tuesday, February 6**  
Complimentary Meal at 5:30 pm  
Presentation at 6:00 pm

Wayne HealthCare, Community Rooms 1-3  
Harrison Street Entrance  
Space is limited; RSVP early

*Presented by:*  
**Henry H. Chong, MD**  
Cardiologist  
Bethel Cardiology of Greenville

*Sponsored by:*  
Wayne HealthCare Foundation

RSVP by Feb. 2 to 937.569.6504 or [robyn.feitshans@waynehealthcare.org](mailto:robyn.feitshans@waynehealthcare.org)

**FEBRUARY 9**



**health & wellness event**

## The Importance of Exercise

Join us for a **FREE health & wellness event** featuring the importance of exercise by Robyn Feitshans, Wellness Coordinator. **Participants will receive a complimentary resistance band and exercise tips.**

**Friday, February 9**  
1:00-2:00 pm

New Madison Public Library  
142 S. Main Street  
New Madison, OH 45346

The presentation will include:

- The importance of exercise
- Different types of exercise
- Current exercise guidelines
- What a well-rounded exercise plan looks like
- Exercise demonstrations and guided practice for participants

RSVP by February 7 to 937.569.6504 or [robyn.feitshans@waynehealthcare.org](mailto:robyn.feitshans@waynehealthcare.org)

**FEBRUARY 13**

## Heart Art featuring Drab to Fab 2024



**Tuesday, February 13**  
6:00 pm

Wayne HealthCare, Community Rooms 1-3  
Wine and light refreshments will be served.

*Proceeds will benefit the Wayne HealthCare Foundation to support heart health.*

Enjoy an evening of painting, wine, and heart health awareness with Drab to Fab!

**\$45/person**  
Includes project supplies, wine and light refreshments.

**Space is limited to 40 Registration Required RSVP by February 9**

Payments may be made by credit card online or by cash or check prior to the event or at the door. For more information or to register, contact Lauren Henry at 937.569.6408 or [lauren.henry@waynehealthcare.org](mailto:lauren.henry@waynehealthcare.org).

To register online, scan the QR code or visit [WayneHealthCare.org/Foundation](http://WayneHealthCare.org/Foundation).



**FEBRUARY 20**



**HEALTHY moments**

## Heart Matters: Exploring Atrial Fibrillation and Your Heart Journey

Learn about symptoms, identify risk factors, explore treatment options, and gain insights into the comprehensive services offered at Wayne HealthCare.

**Tuesday, February 20**  
Complimentary Meal at 5:30 pm  
Presentation at 6:00 pm

Wayne HealthCare, Community Rooms 1-3  
Harrison Street Entrance  
Space is limited; RSVP early

*Presented by:*  
**Dr. Dulin, MD, FACC**  
Cardiologist

**Brandon Beyke, PA-C**  
Physician Assistant

*Sponsored by:*  
Wayne HealthCare Foundation

RSVP by Feb. 16 to 937.569.6504 or [robyn.feitshans@waynehealthcare.org](mailto:robyn.feitshans@waynehealthcare.org)

**FEBRUARY 13**

## DIABETES WELLNESS PROGRAM

**Tuesday, February 13**  
12:00 - 1:00 pm

Wayne HealthCare Community Rooms  
835 Sweitzer St., Greenville - Harrison Street Entrance  
The program will be held in-person and virtually via ZOOM.

### "Pre-Diabetes and Diabetes"

Join us to learn an overview of pre-diabetes and diabetes.

Please RSVP (in-person or virtual) by Feb. 12 to Karen Drosch at 937.569.6750 or [karen.drosch@waynehealthcare.org](mailto:karen.drosch@waynehealthcare.org).

**FREE!**  
In-Person or Virtual Event

**FEBRUARY 27**



**Tuesday, February 27**  
12:00 - 1:00 pm

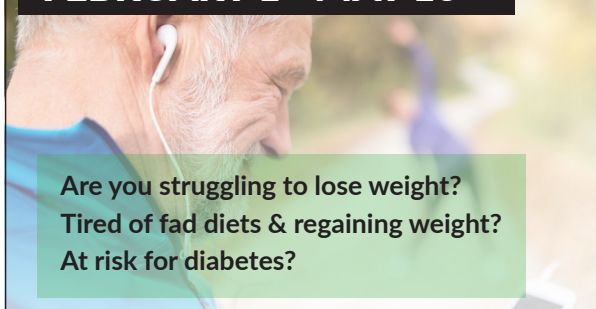
Wayne HealthCare Community Room 2  
835 Sweitzer St., Greenville - Harrison Street Entrance

**FREE EVENT! Open to the Community**

RSVP to Karen Drosch at 937.569.6750 or [karen.drosch@waynehealthcare.org](mailto:karen.drosch@waynehealthcare.org).

**Free Samples Available**

**FEBRUARY 1 - MAY 16**



Are you struggling to lose weight?  
Tired of fad diets & regaining weight?  
At risk for diabetes?

## LifeSteps® Weight Management Program

Thursdays, February 1 to May 16  
3:00 - 4:00 Group Sessions\*

\*Clinical Exercise Sessions can also be scheduled for later time.

Wayne HealthCare, Community Rooms  
835 Sweitzer St., Greenville - Harrison Street Entrance

For more information, contact Karen Drosch at 937.569.6750 or Robyn Feitshans at 937.569.6504.

**Program Fee: \$150**

The program includes:

- An individual assessment
- 14 interactive group sessions
- 11 clinical exercise sessions