



National Heart Month at HackensackUMC

CALENDAR OF EVENTS

February is National Heart Month. Join HackensackUMC's Heart & Vascular Hospital team for heart-healthy events, recipes, and activities all month long!

HEART MONTH KICK-OFF is Friday, February 3rd

Join us at 1 p.m. in Palm Court of the Medical Plaza for our annual Go Red team photo.

Remember to wear red! Meet our cardiovascular experts, and learn about our heart month activities. *First 100 team members receive red apparel.*

NUTRITION WEEK

Tuesday, 2/7 - Main Lobby

11:30 a.m. - 1:30 p.m. — Health screenings, nutrition consultations, recipes and heart month giveaways.

Thursday, 2/9 - Second Street Café

11:30 a.m. - 1:30 p.m. — Health screenings, nutrition consultations, recipes and heart month giveaways.

Friday, 2/10 - John Theurer Cancer Center Cooking Studio

Noon — Join Laura Coti Garrett for a cooking demonstration of heart-healthy recipes.

MINDFULNESS & STRESS REDUCTION WEEK

Tuesday, 2/14 - Main Lobby

11:30 a.m. - 1:30 p.m. — Meet our Reiki practitioners, learn about mindfulness, and pick up a calming lavender giveaway.

Wednesday, 2/15 - Joseph M. Sanzari Children's Hospital

Noon and 1 p.m. — Join us for a FREE meditation class in the Children's Hospital Meditation Room.

Thursday, 2/16 - Second Street Café

11:30 a.m. - 1:30 p.m. — Meet our Reiki practitioners, learn about mindfulness, and pick up a calming lavender giveaway.

Friday, 2/17 - Hekemian Conference Center, Rooms 1 & 2

Noon & 1 p.m. — Enjoy a FREE yoga class hosted by HackensackUMC Fitness & Wellness. *Bring your mat or towel!*

FITNESS WEEK

Tuesday, 2/21 - Main Lobby

11:30 a.m. - 2:30 p.m. — Cheer on our HackensackUMC team members as they race head-to-head on stationary bikes. Meet HackensackUMC Fitness & Wellness trainers, get fitness tips, and enjoy fun giveaways.

Thursday, 2/23 - Second Street Café

11:30 a.m. - 2:30 p.m. — Check out the "Treadmill Marathon" where team members will race to reach a collective 26.2 miles! Meet HackensackUMC Fitness & Wellness trainers, get fitness tips, and enjoy fun giveaways.

CPR & AED HEARTSAVER CLASSES

For the Community: Mon. 2/6 & Mon. 2/13

6 p.m. — Hekemian Conference Center; Cost is \$75. To register, please email: CPRTTraining@HackensackMeridian.org

For HackensackUMC Team Members: Mon. 2/27

9 a.m., 11 a.m. and 1 p.m. (English & Spanish) Hekemian Conference Center, Rooms 1 & 2; Free Family & Friends CPR Anytime® kits available to attendees. Space is limited. Email: CPRTTraining@HackensackMeridian.org

Heart Healthy Workshop: Tuesday, 2/28

1 - 3 p.m. and 6 - 8 p.m.

At HackensackUMC Fitness & Wellness. Learn "Early Heart Attack Care and Hands Only CPR" and participate in a heart-healthy cooking demonstration. Program is free but please register: 551-996-2038 or email: HARP@HackensackMeridian.org

HEART-HEALTHY EVENTS AT HACKENSACKUMC FITNESS & WELLNESS

Wednesday, 2/15 — Mindful Eating Strategies & Yoga Session

5:30 - 7 p.m. — Cooking and Yoga demonstration.

Thursday, 2/23 — Go Red for Women

3:30 - 5 p.m. — Cooking demonstration.

Tuesday, 2/28 Kickoff Mardi Gras with "Fit"

Tuesday! Members will enjoy festive wellness activities throughout the day.

Learn more at hackensackumcfitnessny.com



National Heart Month at HackensackUMC

ACTIVITIES & RESOURCES

Stay Connected



Follow us for heart-healthy tips, expert videos, and more.

#WhenItsYourHeart #HMHhasHeart heart.hackensackumc.org/heartmonth

Step Up to Heart Health

The 10-Million Step Challenge at Hackensack Meridian Health

To celebrate Heart Month, Hackensack Meridian Health has kicked off its first-ever Step Challenge for team members. We invite you to increase your number of daily steps, track them with your favorite device or app, and help us achieve 10 million steps across the Hackensack Meridian Health network.

Throughout February, visit hackensackmeridianhealth.org/HMHhasHeart and enter your total steps for the day or week. All team members who log their steps will be entered into a raffle for a chance to win a FitBit Charge 2™. Winners will be announced on Friday, March 3.

We ❤️ Our Team!

On Valentine's Day, Ihor S. Sawczuk, M.D., FACS, President of HackensackUMC, and the Executive Leadership team will show their "love" and appreciation for the dedicated team members at HackensackUMC.

Stop by the Second Street Café, 11:30 a.m. - 1:30 p.m. and 5:30 - 7:30 p.m.

Your One-Stop Destination for Cardiovascular Care:

The Heart and Vascular Hospital at HackensackUMC brings together renowned physicians and surgeons, Magnet-designated nurses, researchers, therapists, and other health care specialists to provide you with the latest advancements in cardiovascular care, including minimally-invasive surgery, life-saving interventional approaches, and cardiac rehabilitation. HackensackUMC is ranked among the top 50 hospitals in the country for cardiac services by *U.S. News & World Report*, and has earned seven Disease Specific Certifications from The Joint Commission in cardiovascular specialties. Here, we connect you to more than 80 Hackensack University Medical Group cardiologists, conveniently located in your community, who are committed to delivering outstanding heart care. To learn more, visit heart.hackensackumc.org.



Now part of the Hackensack Meridian Health family