



# Blueprint for a Healthy Heart

## Coming to the Brea Mall Center Court: **BODIES...The Exhibition** **600-lb. Heart Sculpture** Thursday, July 25 - Sunday, July 28

Come learn about your amazing heart and join us for presentations, health education, ask an expert, free health screenings, raffles, giveaways and more.

### THURSDAY, JULY 25

10 - 10:30 a.m. "Cholesterol: The Good, The Bad, and The Total"  
presentation by Laura Null, PA, St. Jude Heritage Medical Group

**10 a.m. - 1 p.m. Free Total Cholesterol Screenings**

10 a.m. - 4 p.m. Automated External Defibrillator (AED) Demo

### FRIDAY, JULY 26

9 - 9:30 a.m. Club Ped Group Exercise

10 - 10:30 a.m. "The Mediterranean Diet for Heart Health"  
presentation by Susan Watkins, RD, St. Jude Heritage Medical Group

**11 a.m. - 2 p.m. Free Carotid Artery Screenings**

11 a.m. - 4 p.m. AED Demo

### SATURDAY, JULY 27

10 - 10:30 a.m. "Five Heart-Healthy Changes to Make Today" presentation

**11 a.m. - 2 p.m. Free PAD (Peripheral Artery Disease) Screenings**

11 a.m. - 4 p.m. AED Demo

### SUNDAY, JULY 28

**11 - 11:30 a.m. "Hip-Hop to Health," a Family-Friendly Fitness Demo**

11 a.m. - 4 p.m. Test Your Heart Knowledge