

Women's Health Luncheon



A Second Chance

February 14 (Tuesday)

Kayla Burt

Cardiac Arrest Survivor

11:30 a.m. – 1:30 p.m.

McIntyre Hall

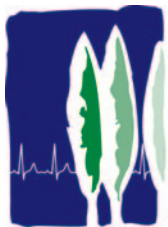
Mount Vernon

\$10 includes lunch

Pre-registration required

by February 10

Kayla Burt with the Hope Heart Institute suffered cardiac arrest in December 2002 at the age of 20 as a basketball player at the University of Washington. Burt will share her dramatic story at the Valentine's Day Women's Health Luncheon, plus provide information about the signs and symptoms of heart disease, provide lifestyle tips for a healthy heart, and a demonstration of the latest CPR technique and how to use an automated external defibrillator. **For information or to register call Skagit Valley Hospital at 360-814-2424 or 360-629-6481.**



**Skagit Regional
Heart & Vascular
Institute**

**SKAGIT
VALLEY
HOSPITAL**
Heart & Vascular

*Skagit Regional Clinics
Skagit Radiology*

This event is co-sponsored by Mira Vista Care Center, Creekside Retirement Community, Ashley Gardens of Mount Vernon, Life Care Center of Skagit Valley, Home Attendant Care, Walgreens, and Life Care Center of Mount Vernon.

*Please register
by calling 360-814-2424 or visit
skagitvalleyhospital.org/events*