

# Celebrate American Heart Month with Virtua Health and WinterFest



## February is American Heart Month

Join Virtua Health and WinterFest on **Saturday, February 1, 2020** to kick off American Heart Month.

### 4 - 7 p.m.

- Stretch and Skate with a Virtua fitness center representative
- Blood pressure screening
- Seated chair massage
- Giveaways
- Heart healthy snacks

### 6 - 6:30 p.m.

Virtua Health cardiologist Vivek Sailam, MD, will discuss the importance of exercise (like skating!) and a heart healthy lifestyle.

### 8:30 p.m. Fireworks!

Virtua encourages our community to wear red, take a photo, and share it with Virtua on Facebook, Twitter or Instagram using the hashtags [#HereForGood](#) [#VirtuaHealth](#)

Rain Date: Saturday, February 8, 2020

### Location

Behind the Crowne Plaza Cherry Hill, Route 70

To learn more, visit [skatewinterfestnj.com](http://skatewinterfestnj.com)

