

# Heart Health for Her

Did you know pregnancy can place a significant strain on the cardiovascular system? Did you know as women experience perimenopause, the transition period leading to menopause, cardiovascular health can be impacted. The key to good heart health starts with prevention.

**To understand your personalized risk of heart disease and plan for a heart-healthy future, schedule a free cardiac screening with a Valley nurse practitioner.**

This event is for those women ages 20 – 50 who would like to learn more about their individualized risk for cardiovascular disease during childbearing and perimenopause years.

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**Tuesday, May 13**

**8 a.m. - 4:30 p.m.**

**Valley Health System – Ridgewood Campus  
223 North Van Dien Avenue, Ridgewood**

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## How to Register

**Step 1: Register for your cardiac screening:** Scan the QR code, visit [ValleyHealth.com/HeartScreening](http://ValleyHealth.com/HeartScreening), or call 201-447-8125. Registrants will receive a giveaway!



**Step 2: Bring your blood work:** Blood work must be **6 months old or less**. You can fax your current Lipid Profile and Hemoglobin A1c to 201-389-0077 or bring a hard copy to your screening appointment. Documents on your phone will not be accepted.

- If you would like to have new blood work, you must complete at least 72 hours prior to Tuesday, May 13. To schedule blood work at the Ridgewood campus, please scan the QR code; visit [ValleyHealth.com/LabServices](http://ValleyHealth.com/LabServices), choose “Schedule Online” for the Ridgewood campus location, and type “Cardiac Screening” in the comment box; or call 201-447-8250, opt. 1.



**Step 3:** Please arrive 15 minutes early to your appointment. Plan to be at your appointment for about an hour.

**The last day to register for this event is Monday, May 5.**

