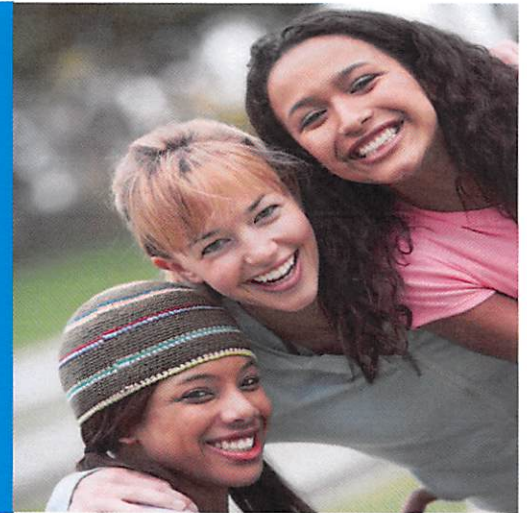


Free teen heart health screening and education

Sunday, March 4th

9am-1pm at Southside Hospital



Southside Hospital and Gavin's Got Heart have partnered to create the B.E.A.T. Program to offer free heart health screenings, Hands-Only™ CPR and defibrillator (AED) education for students ages 13-18.

- B: Body Metrics:** Height, weight, body mass index and waist circumference
- E: Evaluate:** Family history, personal history of cardiac symptoms, lipid levels, hemoglobin A1C, EKG
- A: Assess:** Risk factors and give follow up recommendations
- T: Teach:** About congenital heart disease, Hands-Only™ CPR and defibrillator (AED) training, healthy eating, exercise and how to stop smoking

The screening also includes:

- Blood Pressure
- Cholesterol
- Blood Sugar (Glucose)
- EKG

Education available:

- Learn about cardiac risk factors
- Hands-Only™ CPR education
- Defibrillator (AED) education

This event is free and open to all students ages 13-18. This screening does not replace the physical examination requirement for student athletes. A parent must be present throughout the event for screening and physician consultation.

- Pre-Registration is required
- Results are confidential
- Doctor referral is not required to participate

Event details

9:00am	Check In
9:15-10:30am	Heart screening
10:30-11:00am	Breakfast
11:00-12:00pm	Heart healthy presentations
12:00-12:30pm	Hands-Only™ CPR
12:30-1:00pm	Defibrillator (AED) education

Register for this free event at:
<https://teenhealthscreening.eventbrite.com>
or for more information call
(631) 396-6700.

Southside Hospital
301 East Main Street
Bay Shore, NY 11706