

Coffee Regional Medical Center is Set for Heart Health Month!

Coffee Regional Medical Center has lots of exciting events planned throughout the month of February in recognition of heart month.

The CRMC Gift Shop and select physician offices will be selling Paper Hearts throughout the month. These decorative hearts give the purchaser the opportunity to honor a loved one lost to heart disease or to celebrate a survivor of heart disease. The hearts will be displayed in prominent locations on the CRMC campus throughout February. On March 6th each heart will be displayed at General Coffee State Park where they will line the 5k and 10k race routes. This display is a beautiful tribute to those lives both honored and celebrated.

A new event this year is our Valentine Flower Sale. A limited number of potted plants will be sold on the front lawn of Coffee Regional Medical Center on Thursday, February 11th. Hydrangeas and cyclamen, both flowering plants, are now being pre-sold. We encourage those interested to, please; get your orders in today as we expect to sell out due to demand and limited inventory. To purchase a plant for pick up on February 11th, please contact The Wellness Center at (912) 383-6988.

Cardiac Rehab week will be celebrated February 14th through February 20th. This week, a Free Health Screen and risk factor checks will be available Monday - Friday at the Wellness Center. This screening will include blood pressure check, heart rate, oxygen saturation, height, weight, girth and body fat, all important factors in understanding your risk for heart disease. If you would like a FREE Health Screen, call 912-383-6988 for an appointment.

Wear Red Day has been designated for Friday, February 26, 2021. The community is encouraged to WEAR RED and support this special day.

New 2021 t-shirts have been designed and are available for purchase through The Wellness Center. Additional Heart Health and "Wear Red" items are being sold at the CRMC Gift Shop throughout the month. These items include water bottles, socks, pop sockets, face masks and more. To see a full list of items, including t-shirt designs and order forms, please visit us online at <https://www.wellness247.org/wear-red-day>. (The gift shop is open to the public however the hours are limited at this time. To find out more, please call 912-384-1900 Ext 4121)

To wrap up Heart Month, Danny McCarty, Director of The Wellness Center and Cardiac Rehab, has organized the 22nd Annual Heart 2 Heart 5k/10k/Fun Run at General Coffee State Park. This event will be held on Saturday, March 6, 2021. To sign up or to find out more about the Heart 2 Heart Run visit The Wellness Center online <https://www.wellness247.org/heart-2-heart>.

Please plan to participate in at least one of these fun events to celebrate Heart Month!