



SARVER
HEART
CENTER



Swim for your Heart...Feb 14

Join the global effort. Here's how:

- Swim anywhere, any distance, with a buddy or with your team. Have fun, get fit and reward yourself with a healthy heart.
- Don't know how to swim? Sign up for swim lessons this February and register to win an all-inclusive swim party birthday package from DeMont Family Swim School.
- Be a lifesaver. Take a free one-hour class on Chest-Compression-Only CPR February 8, 5:30 p.m., 1501 N. Campbell.
- Equip your site with a HeartSine AED defibrillator this month and HeartSine will donate \$200 to UA Sarver Heart Center. www.heartsine.com.
- Get the facts on heart health. Register for UA Sarver Heart Center's *Healthy Heart Conference* Feb. 4. For information, call 520-626-2901 or visit www.heart.arizona.edu.
- Help prevent and treat heart disease in our community and around the world by making a contribution to UA Foundation/Sarver Heart Center www.heart.arizona.edu.

Thank you for your support.



Sarver Heart Center