



# Celebrating HEART MONTH



**LOVE YOUR HEART. WE DO.**  
SalinasValleyHealth.com/heartmonth

## Heart Month 2024 Activities

### EXERCISE CHALLENGE 2024

This FREE 4-week exercise program runs from February 1-29. The program is designed to promote a healthy lifestyle and encourage people to get regular aerobic exercise. Get heart healthy. Win prizes! For more information, visit [SalinasValleyHealth.com/exercisechallenge](https://SalinasValleyHealth.com/exercisechallenge)

### ASK THE EXPERTS VIRTUAL PRESENTATIONS

Join interventional cardiologist Rikin Kadakia, MD, as he discusses the different types of cardiovascular diseases, risk factors, how to prevent them and how to treat them.

**Topic:** Heart Health 101: Basics of Cardiovascular Diseases and Prevention

Tune in on Facebook@SalinasValleyHealth

ENGLISH: **Wednesday, February 7 at 6pm**

**Speaker:** Rikin Kadakia, MD

SPANISH: **Wednesday, February 21 at 6pm**

**Speaker:** Alejandra García, RN

### ASK THE EXPERTS PODCAST

**Topic:** Your Journey to Preventing Heart Disease

**Speaker:** Vincent DeFilippi, MD, FACS

Visit [SalinasValleyHealth.com/Podcasts](https://SalinasValleyHealth.com/Podcasts) to access.

### FEBRUARY RED HAT CAMPAIGN

Every baby born at Salinas Valley Health during the month of February will go home with a hand-made red hat courtesy of our own dedicated hat making volunteers and the American Heart Association Little Hats, Big Hearts campaign in an effort to raise awareness of heart disease – the number one killer of Americans, and congenital heart defects – the most common type of birth defect in the country.

### LEADER LED HEART WALKS

Take a break and walk with a leader following the red footsteps around campus every Friday during the month of February!

**Every Friday of the month:**

February 3, 10, 17 and 24 at 11:30am

Meet us at the medical center's Starbucks.

### WALK WITH A DOC

Join our physicians on a monthly walk and talk that will inspire and inform.

**Saturday, February 10 at 9:00am**

Fort Ord National Monument, Badger Hills Trailhead

**Speaker:** Jennifer Rodriguez, RN, BSN  
Structural Heart Program Coordinator

**Topic:** Physical Activity & Heart Health

Please call 831-759-1890 or email

[healthpromotion@SalinasValleyHealth.com](mailto:healthpromotion@SalinasValleyHealth.com)

for more information and to reserve your spot.

### MENDED HEARTS

Mended Hearts is the country's longest running peer-to-peer cardiac support group, offering a unique physician-endorsed support model to help heart patients, families and caregivers.

**Tuesday, February 20 at 6:00pm**

Downing Resource Center (located below the parking structure) Conference Rooms ABC  
450 East Romie Lane, Salinas

**Speaker:** Kanai Mukai, MD

**Topic:** Early Diagnosis and Prevention of Cardiovascular Disease

For more information, call 831-755-0772.

### EMPLOYEE RECIPE CONTEST

Show off your culinary creations! Submit a photo of a dish made with a heart-healthy recipe. Include a brief description of the recipe and a sentence or two about what makes your dish special.

**Thursdays in February, before 3:00pm**

For more information or to submit your entry, email [contest@SalinasValleyHealth.com](mailto:contest@SalinasValleyHealth.com).

### DATES TO REMEMBER

**February 1-29**

Exercise Challenge 2024

**Fridays, February 2, 9, 16 & 23**

Leader Led Heart Walks around medical center campus

Employee Recipe Contest weekly winner announced

**Friday, February 2**

National Wear Red Day

**February 7**

ENGLISH:

Virtual *Ask the Experts* presentation

Join us at 6pm on

Facebook@SalinasValleyHealth

**Saturday, February 10**

Walk With A Doc

**Speaker:**

Jennifer Rodriguez, RN, BSN

Structural Heart Program Coordinator

**Topic:**

Physical Activity & Heart Health

**February 11-17**

Cardiovascular Professional Week

Cardiac & Pulmonary Rehabilitation Week

Week

**February 20**

Mended Hearts February Meeting

**Speaker:** Kanai Mukai, MD

**Topic:** Early Diagnosis and

Prevention of Cardiovascular

Disease

**February 21**

SPANISH:

Virtual *Ask the Experts* presentation

Join us at 6pm on

Facebook@SalinasValleyHealth