



# Hug Your Heart

**Tuesday, February 14<sup>th</sup>, 2017**

**Be part of our Community Checkup! Free Blood Pressure Screenings!**

***Who will have the healthiest community?***

On the most recognized “heart” day of the year, join us in our community-wide appeal to ask residents to come out and have their blood pressure taken. High blood pressure is the leading cause of heart disease, and heart disease is the leading cause of death among both men and women. On February 14, 2017, we will have volunteers available at many locations to record blood pressures, educate participants and reward them with discounts from participating businesses.

Indiana Regional Medical Center is pleased to partner with many local businesses, volunteers and organizations for this one day event. Check the list below for your town and reference the complete list of locations and times below.

## Find a location near you and Hug Your Heart!

*\*\*Register for prize drawing at these locations only.*

### INDIANA

**Drs. Matthew Klain, Eric Heasley & Matthew Nettleton**  
9am - 5pm

**Dr. Joseph Conti**  
9am - 5pm

**Dr. Sharad Ghate**  
9am - 5pm

**Dr. William Lear**  
9am - 5pm

**Drs. Erick Berquist, Bruce Knickelbein, Nihar Ghate & Mohammed Islam**  
9am - 5pm

**Drs. Nervana Mahmoud & Ruth Woolcock**  
9am - 5pm

**Drs. Edward McDowell, John Gregg & Melissa Duncan, PA-C**  
9am - 5pm

**Drs. Timothy Wong & Victor Lan**  
9am - 5pm

**Dr. Karam Pathan**  
9am - 5pm

**Dr. Jason Sharbaugh**  
9am - 5pm

**Drs. Andrew Billon & Muralidhar Guddeti**  
9am - 5pm

**Dr. Leonard Maliver**  
9am - 5pm

**Drs. Joseph Meyn & Lindsey Penezic**  
9am - 5pm

**Dr. Thomas McCoy**  
9am - 5pm

**Drs. Nazneen Billimoria & Mark Boykiw**  
9am - 5pm

**Drs. Eric Bohn, Amit Ladani & Lanvin Taylor**  
9am - 5pm

**Drs. Imran Bajwa & Rabia Bajwa**  
9am - 5pm

**Dr. Kathryn Trinidad**  
9am - 5pm

**Drs. Mushtaq Syed & Annette Kubalek, CRNP**  
9am - 5pm

**Giant Eagle**  
9am - 5pm

**Indiana Mall\*\***  
9am - 5pm

**Indiana Regional Medical Center**  
9am - 5pm

**Human Motion Institute**  
9am - 5pm

**Valeski's 4th Street Bi-Lo\*\***  
9am - 5pm

**First Commonwealth Bank**  
9am - 5pm

**S&T Bank**  
9am - 5pm

**Indiana County YMCA**  
9am - 5pm

**S&T Wellness Center**  
9am - 5pm

**HOMER CITY**  
**Drs. Richard Barnes & Natalee Kontir**  
9am - 5pm

**BLAIRSVILLE**  
**Indiana at Chestnut Ridge**  
9am - 5pm

**Drs. Matthew Klain, Eric Heasley & Matthew Nettleton**  
9am - 5pm

**CLYMER**  
**Tate's Supermarket\*\***  
9am - 5pm

### HILLSDALE

**Hillsdale Rehabilitation & Nursing Center\*\***  
9am - 5pm

**NORTHERN CAMBRIA**  
**Northern Cambria Bi-Lo\*\***  
9am - 5pm

**ARMAGH**  
**Armagh Volunteer Fire Dept.**  
10am - 11am

**SEWARD**  
**Ideal Market\*\***  
9am - 5pm

**NEW FLORENCE**  
**New Florence Senior Center**  
11:30am - 1pm

**BOLIVAR**  
**Chris Horner, CRNP**  
9am - 5pm

**CREEKSIDE**  
**Jevicky's General Store\*\***  
3pm - 5pm

**PLUMVILLE**  
**Jennifer Stirling, CRNP**  
9am - 5pm

**MARION CENTER**  
**Dr. J. Lindsay Parks**  
9am - 5pm