



ST. VINCENT'S
HEALTHCARE

presents

Ladies Night Out

*Follow Your
Heart!*

Join us **Feb. 17** from **6 - 9 p.m.** at the **St. Johns Town Center** for a celebration of women and men who have fought heart disease.

St. Johns Town Center is blocking off the street near Pottery Barn Kids for this HUGE extravaganza that is **FREE** to the public and includes:

- Inspirational fashion shows
- Heart health education from **St. Vincent's HealthCare** and the **American Heart Association**
- **Free glucose, cholesterol and blood pressure screenings**
- **Free echocardiograms** (sonogram of the heart)
- Live exercise demonstrations from the **YMCA**
- Free event photos & giveaways
- Free chair massages from **Natural Body Spa & Shoppe**
- Free makeovers courtesy of **Sephora**
- Free samples of heart healthy, gourmet guacamole from **Cantina Laredo**
- Free samples from **Smoothie King**
- **95.1 WAPE** will **broadcast live**
- **Olympic gymnast Shannon Miller** will emcee the event and sign autographs
- **Claude Nolan Cadillac** car display and great weekend getaway prizes
- **Enter to win a designer watch from Levy Jewelers**

FASHION SHOW

Enjoy our fashion shows throughout the evening featuring: women and men who have battled heart disease; physicians and nurses who care for heart patients, and family and friends walking in memory of a loved one.

Schedule your Angioscreen, a simple non-invasive vascular screening designed to provide you with information about your circulation and risk of heart disease and stroke.

St. Vincent's mobile AngioScreen unit will be at the St. Johns Town Center Feb. 17 from 12-9 p.m.

The screening takes 10 minutes and is just \$75. Appointments recommended.
Call 904.308.7428 to schedule your Angioscreen today.



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