Friday, February 7

- Healthy Heart Screening Event - 11:30am

Wednesday, February 12

- Blood Drive - 11:00am

Healthy Heart Screening Event

Time: 11:30am

Date: February 7, 2025

Time: 11:30 am - 1:00 pm with a special presentation at 12:30 pm

In honor of Heart Health Month, we are thrilled to host a community-wide initiative to promote heart health through a free Heart Health screening event.

The free Heart Health screening event will occur on Friday, February 7th, in the Norris- Biggs Conference Room in the Outpatient Department of Rutherford Regional Medical Center, located at 288 S. Ridgecrest St. Rutherfordton, NC. Registration is not required to attend the event.

We will have a variety of free screenings, educational booths, and healthcare professionals on-site to address heart health concerns.

Get free screenings and information on:

- Blood Pressures
- Stroke Awareness
- Glucose Screenings
- Healthy Eating Habits
- And so much more!

Enjoy healthy snacks, and don't miss out on door prizes – available while supplies last!

Rutherford Regional Health System invites the community to join us in promoting heart health awareness and taking proactive steps to help you live your healthiest life. We encourage everyone, regardless of age or background, to attend this event and make their heart health a priority!

Blood Drive

Time: 11:00am

Sign up online by clicking here or reach out to Nancy Humphries at nancy.humphries@rutherfordregional.com