



# How healthy is your *heart?*

**Four in 10 Americans think they have ideal cardiovascular health. *Do you?***

Hilton Head Regional Healthcare offers free heart health screenings to help you learn your health status.

**All screenings are from 8:00am – 10:00am. Fasting is recommended.**

- First Thursday of every month at Hilton Head Hospital, 25 Hospital Blvd, Hilton Head, SC 29926
- Second Thursday of every month at Coastal Carolina Hospital, 1000 Medical Center Drive, Hardeeville, SC 29927
- Third Thursday of every month at Bluffton Medical Campus, 75 Baylor Drive, Bluffton, SC 29910

## **FREE Basic CPR Training**



Free basic CPR training is available for those who want to learn CPR and do not require a provider card. Using the American Heart Association's Family and Friends® CPR program, trained AHA CPR instructors from the hospital and fire rescue will cover:

- Adult and child CPR
- AED (Automated External Defibrillator) demonstration
- Making the Emergency Call

Town of Hilton Head Island Fire Rescue | 4th Friday at Hilton Head Hospital  
Bluffton Fire Township District | 1st Wednesday at Bluffton Medical Campus  
**9:00 am – 10:00 am**

Limited appointments available, call 1-877-582-2737.

[www.hiltonheadregional.com](http://www.hiltonheadregional.com)

[www.coastalhospital.com](http://www.coastalhospital.com)

