

Plan to attend  
**St. Anthony's Heart Fair**

Wednesday, February 8  
Hospital Auditorium



The event will feature a presentation on:

**“Your Heart Toolkit --  
Tools You Can Use to Control Heart Disease”**

by Dr. John Scally, full-time Cardiologist at  
Prairie Heart Institute of Illinois at St. Anthony's

*Two presentation sessions available:*

**11 to 11:45 a.m.**

**or**

**5:30 to 6:15 p.m.**

*Informational booths and screenings available between presentations:*

**11:45 a.m. to 5:30 p.m.**

- Learn about advanced heart care services offered at St. Anthony's.
- Take part in free health screenings for blood pressure and total cholesterol.
- Receive heart-healthy recipes and learn how sodium affects your risk for heart disease.

Plan to attend and learn what tools you need to control your risk for heart disease.



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

503 North Maple  
Effingham, Illinois  
[www.stanthonyshospital.org](http://www.stanthonyshospital.org)