

# Join us for our 2nd Annual “Spa for Your Heart”

**November 14th • 8:30 a.m. – 2 p.m.**

**Register now! Call 1-800-4BAYLOR**

to reserve your spot for our 2nd Annual “Spa for Your Heart” event at THE HEART HOSPITAL Baylor Plano. Enjoy a “spa-like” atmosphere as well as presentations from physicians on our medical staff and other medical specialists who will present on a variety of topics.

- 8:30 Registration
- 9:00 – 2:00 Spa Services/Screenings
- 9:00 – 9:30 Did You Sleep Last Night? Sleep Disorders & Apnea
- 9:30 – 10:00 Love Your Heart: Eat Right, Exercise, and Live Heart-Smart
- 10:00 – 10:30 Aesthetics: Beauty Inside and Out
- 10:30 – 11:00 Stress: Don't Let It Break Your Heart
- 11:00 – 11:30 Varicose Veins, Venous Insufficiency, and Peripheral Arterial Disease
- 11:30 – 12:30 Spa Lunch
- 12:30 – 1:00 Calcium Scores: A Look Inside the Heart

Also on the agenda for this special day: Relaxing chair massages

- Vein screenings
- Free blood pressure screenings
- Door prizes

**Seating is limited for this event, so call now!**



Five-star treatment  
for your heart. And you.™



BaylorHealth.com/Plano

1100 Allied Drive • Plano, TX 75093 • [www.thehearthospitalbaylor.com](http://www.thehearthospitalbaylor.com)

Notice Regarding Physician Ownership: THE HEART HOSPITAL Baylor Plano is a hospital in which physicians have an ownership or investment interest. The list of the physician owners or investors is available to you upon request.

Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, THE HEART HOSPITAL Baylor Plano or Baylor Health Care System. © 2009 Baylor Health Care System  
BID\_THHBP\_148 10.09