



Celebrating HEART MONTH

LOVE YOUR HEART. WE DO.

SalinasValleyHealth.com/heartmonth

Heart Month 2026 Activities

EXERCISE CHALLENGE

This community-wide wellness initiative encourages active participation in the fitness classes, group hikes and physical activity events offered throughout the community. The Exercise Challenge runs **February 2 through March 1**, and is FREE and open to all. For more information and to register, visit SalinasValleyHealth.com/ExerciseChallenge

LEADER LED HEART WALKS

Take a break and walk with a leader following the red footsteps around the Salinas Valley Health campus every Friday during the month of February!

Every Friday of the month:

February 6, 13, 20 and 27 at 11:30am

Meet us at the medical center's main entrance.

MOVE FOR HEALTH

Visit SalinasValleyHealth.com/events-classes to register for one of these heart-healthy exercise classes.

ZUMBA

Tuesday, February 3, 4:30-5:30pm

Gonzales Recreation Center
620 5th Street, Gonzales

WALK FOR HEALTH

Friday, February 13, 10:00-11:00am

Soledad Community Center
560 Walker Drive, Soledad

GROUP HIKE

Saturday, February 14

8:30am check-in; 9:00am hike begins

Creekside Terrace Trailhead, Fort Ord National Monument (near Reservation Road & Portola Road)

YOGA

Saturday, February 21, 10:00-11:00am

Salinas Regional Soccer Complex
1440 Constitution Blvd, Salinas

WALK WITH A DOC

Join our physicians for a monthly walk and talk that will inspire and inform.

Saturday, February 7 at 9:00am

Fort Ord National Monument, Badger Hills Trailhead

Speaker: Cardiologist Tim Albert, MD, MHCM
Chief Clinical Officer, along with our cardiology care team

Topic: Heart Health

For more information and to register, visit SalinasValleyHealth.com/WalkWithADoc

HEART HEALTHY COOKING AND DEMONSTRATIONS

COOKING DEMONSTRATIONS

Visit SalinasValleyHealth.com/events-classes to register for one of these cooking demonstrations:

Tuesday, February 10, 4:00-5:00pm

El Gabilan Library
1400 N Main Street, Salinas

Wednesday, February 18, 11:00am-12:00pm

Soledad Community Center
560 Walker Drive, Soledad

HEART HEALTHY RECIPES

Nutrition and healthy eating habits are the cornerstone of a healthy heart. Visit SalinasValleyHealth.com/recipes to find new and delicious heart-healthy recipes.

MENDED HEARTS

Mended Hearts is the country's longest-running peer-to-peer cardiac support group, offering a unique physician-endorsed support model to help heart patients, families and caregivers.

Tuesday, February 17 at 6:00pm

Downing Resource Center (located below the parking structure) Conference Rooms A&B
450 East Romie Lane, Salinas

Speaker: Christopher Oh, MD

Topic: Life: Quantity vs Quality, Why Can't I Have Both?!

For more information, call 831-755-0772 or visit SalinasValleyHealth.com/heart

FREE ASK THE EXPERTS PRESENTATION

Join our **Ask The Experts** presentation to gain insightful knowledge that empowers you to live well and prioritize your heart's health.

Topic: Innovations in Cardiac Care

Wednesday, February 25

5:00pm reception; 6:00pm presentation

Hartnell College, Steinbeck Hall
411 Central Avenue, Salinas

Speakers and topics:

Tim Albert, MD, MHCM, Chief Clinical Officer

AI in Heart Care

Harlan Grogan, MD, Cardiac Electrophysiology

Treating Afib with Pulsed Field Ablation

Rikin Kadakia, MD, Interventional Cardiology

Minimally Invasive Valvular Intervention

Seating is limited. For more information and to register, visit SalinasValleyHealth.com/AskTheExperts

FEBRUARY RED HAT CAMPAIGN

Every baby born at Salinas Valley Health during the month of February will go home with a handmade red hat, courtesy of our own dedicated hat making volunteers and the American Heart Association's Little Hats, Big Hearts campaign. This supports an effort to raise awareness of heart disease—the number one killer of Americans, and congenital heart defects, the most common type of birth defect in the country.

PODCASTS

Cardiovascular diseases are a group of disorders of the heart and blood vessels, which include coronary heart disease, peripheral artery disease and congenital heart disease, among others. Learn more about cardiovascular diseases and heart health by listening to one of our podcasts. Scan the QR code to search all of our podcast topics.



GO RED FOR WOMEN

Friday, February 6

Celebrate National Wear Red Day® with Go Red for Women to help fight women's number one killer—heart disease. Join the nationwide movement and learn how you can honor women by visiting GoRedForWomen.org.

BLOOD DRIVE WITH VITALANT

Tuesday, February 10, 2026; 9:00am-1:30pm

Salinas Valley Health Outpatient Imaging Parking Lot
450 East Romie Lane, Salinas
Register online at Vitalant.org

MORE ABOUT OUR HEART CARE

Salinas Valley Health is a leader in heart disease prevention and treatment. To learn more, find a physician or view a list of the awards we have earned for our cardiac care, visit SalinasValleyHealth.com.