



# Celebrating HEART MONTH



**LOVE YOUR HEART. WE DO.**

[SalinasValleyHealth.com/heartmonth](https://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](https://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](https://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](https://SalinasValleyHealth.com/WalkWithADoc)

### HEART HEALTHY COOKING AND DEMONSTRATIONS

#### COOKING DEMONSTRATIONS

Visit [SalinasValleyHealth.com/events-classes](https://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](https://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](https://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](https://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](https://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](https://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](https://SalinasValleyHealth.com).