



# JOIN THE NATION OF LIFESAVERS DURING AMERICAN HEART MONTH

The American Heart Association is challenging everyone to join the Nation of Lifesavers and commit to learning CPR during the month of February. More than 350,000 people experiencing cardiac arrests outside of a hospital, including 23,000 children. CPR is a critical skill that kids as young as 9 years old can learn.

## FIND AN EVENT IN CENTRAL KENTUCKY

### BAPTIST HEALTH LEXINGTON - HAMBURG

**When:** Tuesday, February 4 | 10:00AM-2:00PM

**Where:** 3000 Baptist Health Blvd, Lexington

Drop by the main lobby for free blood pressure, AFib, and sleep apnea screenings. Learn hands-only CPR. Cardiologist Dr. Kelly Waespe will be on hand to talk with visitors.

### BCTC CAMPUS - WINCHESTER

**When:** Friday, February 7 | 7:30AM-9:30AM

**Where:** 1919 Rolling Hills Lane, Winchester

Clark Regional Medical Center and Winchester Clark County Chamber of Commerce are hosting a Wear Red Day Celebration and Community CPR Class. Attendees will also receive a heart-healthy breakfast! Register at [clarkregional.org/community-cpr-event](http://clarkregional.org/community-cpr-event)

### PARIS HIGH SCHOOL GYMNASIUM - PARIS

**When:** Saturday, February 8 | 11:00AM-1:00PM

**Where:** 308 West 7th Street, Paris

Bourbon Community Hospital is co-hosting a Community CPR Class with Paris Independent Schools. Register at [bourbonhospital.com/community-cpr-event](http://bourbonhospital.com/community-cpr-event)

### WOODFORD CO. HIGH SCHOOL GYM - VERSAILLES

**When:** Saturday, February 15 | 10:00AM-NOON

**Where:** 145 Schoolhouse Road, Versailles

Bluegrass Community Hospital is co-hosting a Community CPR Event with Woodford Co. Health Department and Woodford County EMS. Space is limited, so register now at [business.woodfordcountyinfo.com/community-events](http://business.woodfordcountyinfo.com/community-events)

### COMMONWEALTH CREDIT UNION - FRANKFORT

**When:** Friday, February 7 | 11:00AM-1:00PM

**Where:** 1425 Louisville Road, Frankfort

Jackson Hensley from Baptist Health Lexington will be on-site to provide free Hands-Only CPR demonstrations. Register at [tinyurl.com/CCUCPR25](http://tinyurl.com/CCUCPR25)

### LEXINGTON FIRE DEPT - MASTERSON STATION

**When:** Friday, February 7 | 10:00AM-2:00PM

**Where:** 2754 Magnolia Springs Drive, Lexington

Join the American Heart Association and Lexington Fire Department for a Wear Red Day Celebration and proclamation signing at 10:30 a.m., or stop by between 10 a.m. and 2 p.m. for Hands-Only CPR demonstrations, free goodies, heart-healthy resources and more!

### THE PAVILION - GEORGETOWN

**When:** Saturday, February 8 | 9:00AM-11:00AM

**Where:** 140 Pavilion Drive, Georgetown

Georgetown Community Hospital is hosting a Community CPR Class alongside Georgetown-Scott County Parks & Recreation and Georgetown-Scott County EMS. Register at [georgetowncommunityhospital.com/community-cpr-event](http://georgetowncommunityhospital.com/community-cpr-event)



American  
Heart  
Association.



for women.



Find more Heart Month info at [heart.org/kentucky](http://heart.org/kentucky)



# GO RED WITH US DURING AMERICAN HEART MONTH!

## Celebrate American Heart Month and Wear Red Day!

American Heart Month focuses on raising awareness about cardiovascular health and preventing heart disease. The AHA utilizes this month to educate communities about heart-healthy lifestyles, emphasizing nutrition, exercise, and regular check-ups, while advocating for research and policy changes to reduce the impact of heart disease nationwide. Wear Red Day is on the first Friday of February, encouraging individuals to wear red attire to bring awareness about women's heart health.

## FIND AN EVENT IN KENTUCKIANA OR WESTERN KENTUCKY

### LOUISVILLE FIRE DEPT - QUINT 10

**When:** Friday, February 7 | 10:00AM-2:00PM

**Where:** 3401 Dutchmans Lane, Louisville

Join the American Heart Association and Louisville Fire Department for a Wear Red Day Celebration and proclamation signing at 10:30 a.m., or stop by between 10 a.m. and 2 p.m. for Hands-Only CPR demonstrations, free goodies, heart-healthy resources and more!

### BAPTIST HEALTH PADUCAH - PADUCAH

**When:** Friday, February 7 | 12:30PM-2:00PM

**Where:** 229 Madison Street, Paducah

Baptist Health Paducah invites you to celebrate Go Red for Women with a special luncheon featuring Drs. Martin and Allison Rains! Hear Dr. Allison Rains' powerful story about surviving a heart attack and the lessons we can all learn. This free event includes lunch, but registration is required. For questions, contact Patrick.Wadlington@BHSI.com.

### UNIVERSITY OF LOUISVILLE MEN'S BASKETBALL GAME

**When:** Saturday, February 22 | NOON

**Where:** 1 Arena Plaza, Louisville

The American Heart Association will be on-site teaching Hands-Only CPR during Kids Day! This will be the sixth annual event where the youngest members of Card Nation take over the gameday experience. Details and the chance to sign up to participate to follow.

### UNIVERSITY OF LOUISVILLE WOMEN'S BASKETBALL GAME

**When:** Thursday, February 27 | 6:00PM

**Where:** 1 Arena Plaza, Louisville

The American Heart Association will be on-site teaching Hands-Only CPR during Senior Night! Come learn this lifesaving skill while celebrating Louisville Women's Basketball's 2025 senior class.

### COOKING WITH HEART - PARK DUVALLE COMMUNITY CENTERS

**When:** Every Tuesday in February, March and April | NOON-1:00PM

**Where:** February - Russell; March - Newburg; April - Taylorsville

Show your heart some love and learn how to prepare a heart healthy meal! Join us for a free educational heart-healthy cooking session every Tuesday in February, March and April at Park Duvalle Community Centers in Russell, Newburg and Taylorsville. In addition to a cooking demonstration from a local chef, there will also be free tastings and giveaways! All classes will be held from noon to 1:00 PM. Special thanks to our Healthy for Life sponsors WellCare of Kentucky and Park DuValle Community Health Center!