

Tuesday, February 11

- Ideal Protein® Educational Seminar - 6:00pm

Saturday, February 22

- Free Walk-In Heart Health Screening Event - 9:00am

Tuesday, February 25

- Ideal Protein® Educational Seminar - 6:00pm

Wednesday, February 26

- Lourdes Behavioral Health Public Community Forum - 3:00pm

Ideal Protein® Educational Seminar

Time: 6:00pm

If you're looking for a proven weight-loss method that comes with a recommendation you can trust, attend one of Lourdes Health's FREE Ideal Protein® Educational Seminars.

Learn more about Ideal Protein® [here](#).

Free Walk-In Heart Health Screening Event

Time: 9:00am

In honor of Heart Health Month, we are thrilled to partner with Trios Health in order to host a community-wide initiative to promote heart health through a free Heart Health screening event.

The free Heart Health screening event will take place on Saturday, February 22nd in the lobby of the Trios Care Center at Southridge, located at: 3730 Plaza Way, Kennewick, WA from 9:00 a.m. to 12:00 p.m. Registration is not required to attend the event.

Lourdes Health and Trios Health will have a variety of free screenings, educational booths and healthcare professionals on-site to address heart health concerns.

Free screenings include, Body Mass Index (BMI), Blood Pressure, Finger Stick Blood Glucose Testing, Heart Rate and Oxygen Saturation.

Featured Booths: Community Resources & Hospital Services, Diabetes/Nutrition, Hands-Only CPR with demonstrations from the Kennewick and Pasco Fire Departments, Heart Attack and Stroke Education, speak with providers and Take a Heart Risk Assessment. Additionally, there will be fun giveaways, kids coloring activities and the chance to win a heart health themed basket.

Lourdes Health and Trios Health invite the community to join us in promoting heart health awareness and taking proactive steps towards a healthier future. We encourage everyone, regardless of age or background, to attend this event and make their heart health a priority.

The Trios Care Center at Southridge is located at: 3730 Plaza Way, Kennewick, WA 99338.

Lourdes Behavioral Health Public Community Forum

Time: 3:00pm

Join us for a public community forum and hear from our presenters as we answer questions about Lourdes Behavioral Health, the services we offer, and other common questions.

Our community forums are offered every month on the fourth Wednesday of every month. The event is held from 3 pm - 4:30 pm at Lourdes Behavioral Health in the large conference room, there will be signs to guide you are you enter. Make sure to sign up so that we know that you are planning on attending.

Looking to present at one of our community forums? If you are please fill out this form so that we can look about having you present.

[Presenter Application](#)