


You're invited

Healthy Hearts invites all friends and families to immerse in health care careers and more.



12 - 3 p.m.
Saturday, July 24

UCHealth Longs Peak Hospital (southeast parking lot)
1750 E. Ken Pratt Blvd. Longmont, CO 80504

Registration is free. Refreshments will be provided.

RSVP by Tuesday, July 20

Longmont Medical Career and Health Explorations

- Free walk-in biometric screening: receive cholesterol, BMI and blood pressure results in 15 min.
- Donate blood with Garth Englund mobile drive (sign up required, space is limited)
- Experience cutting-edge technology, virtual reality, robotics and design thinking from the St. Vrain Valley School District (SVVSD) Innovation Center Mobile Lab
- Talk to a variety of healthcare professionals about their career paths and other topics:
 - Registered Nurses (RN),
 - Healthy Hearts Educators
 - Physicians
 - Researchers and Scientists
 - Pharmacists
 - Stroke team
 - Emergency Medical Technicians (EMT)
 - Certified Nursing Assistant (CNA)
 - Nurse Practitioners (NP)
 - Trauma specialist and bike helmet safety
 - Fitness trainers and exercise physiologists
 - Accupuncture and Massage therapist
 - Medical Assistants (MA)
 - Radiology
 - Nutritionists
 - Behavioral Health
- Tour emergency vehicles
- Touch real hearts and lungs
- Practice your phlebotomy skills on a manikin arm
- Learn hands-only CPR and how to use an AED
- Get your heart rate up by taking a ride on a smoothie bike
- Healthy Hearts games, trivia and physical activities
- Visit each career and enter your name in a drawing for a Fitbit

Engage with first responders and explore an ambulance, fire truck and get up-close to the Life Line helicopter.

RSVP here: <https://redcap.link/Longspeakevent>

This program is free, but registration is highly encouraged. Refreshments will be provided

uhealth