



# Take Heart Community Health Expo

Tuesday, Feb. 10, 2026  
5 p.m. - 7 p.m.

Lebanon Valley Expo Center, North Hall  
80 Rocherty Rd., Lebanon, PA

Join us for a free, all-ages event  
to learn more about heart health!

- Touch-a-truck display with First Aid & Safety Patrol, fire truck and K-9 unit
- Heart function exhibit with a real heart
- Free blood pressure and diabetes screenings
- Fitness activities for kids and adults
- Kids' games and door prizes
- Meet adoptable dogs from Davis Dog Farm



Scan to learn more  
[WellSpan.org/events](https://www.wellspan.org/events)

## Talks by WellSpan Specialists

### 5:30 p.m. | Blood Pressure Management



Learn about the new 2025 blood pressure guidelines and how to maintain a healthy blood pressure.

**Dr. Edward Tadajwski**  
WellSpan interventional cardiologist

### 6 p.m. | Stroke Emergencies



Learn the signs and symptoms and actions you can take to reduce your risk of stroke.

**Dr. John Mingle**  
WellSpan neurologist

### 6:30 p.m. | Postpartum Preeclampsia Risks



Were you diagnosed with preeclampsia during a pregnancy - no matter how long ago? Learn how to mitigate your lifetime risk of heart attack or stroke.

**Dr. Adrienne Topic**  
WellSpan interventional cardiologist