

# Celebrating Healthy Hearts



Join us for our 28th Annual  
“Kings & Queens of Hearts” Celebration.

**FOR 28 YEARS**, Dignity Health – Glendale Memorial Hospital has collaborated closely with our patients and their family members to focus on their heart health – offering support during challenges and honoring each success. We invite you to applaud our “Kings and Queens” while enjoying multiple health screenings, lectures from our doctors, education and information on preventive care and health management, and a delicious lunch.

**No reservations necessary; Parking will be validated. For questions, call (818) 502-2378.**

Lectures and presentations will be in the Glendale Memorial Hospital Cardiac Fitness Center, 2nd Floor. Guests must be present to win the raffle drawings.

## Thurs., February 19, 2026

**9:00 – 11:30 a.m.**

Health Screenings & Education Booths

**10:00 – 11:15 a.m.**

**Guest Lectures in CFC gym**

**10:00 – 10:30 a.m.**

Dr. Elie Dancour will be presenting  
Stroke Prevention and Treatment

**10:45 – 11:15 a.m.**

Dr. Fred Lim will be presenting Peripheral  
Vascular Disease: Detection and Treatment

**11:30 a.m. – 12:00 p.m.**

Dr. Bargout presents  
“State of the Heart 2026”

**12:00 – 12:30 p.m.**

Presentation and Crowning of  
2026 Kings and Queens

*Raffle to immediately follow Crowning  
Ceremony in CFC Gym. Must be present to win.*