

Free Adult Heart Screening at Chambersburg Memorial YMCA

Hosted by:  **Peyton Walker**
FOUNDATION

The Heart Screening is open to **adults aged 18 years or older**, who are not currently under the care of a cardiologist. Echocardiograms will also be offered that day on site, free of charge, for those persons who are identified as needing additional testing.

SATURDAY, May 30, 2026

9 a.m. - 2 p.m.
Chambersburg Memorial YMCA
570 E. McKinley Street
Chambersburg, PA 17201

The screening process should take about 45-60 minutes as you visit our four stations:

- Receive a vitals check including blood pressure, height, and weight.
- Receive an EKG (electrocardiogram) exam.
- Evaluation at the heart sounds/murmur station.
- Learn cardiopulmonary resuscitation (CPR) and how to use an automated external defibrillator (AED)
- **FREE Genetic Testing** - this testing looks for genetic changes in your DNA that can cause disease or other health conditions. Genetic testing can give you information to help guide the decisions you make about the medical care you receive.

Some facts about Sudden Cardiac Arrest (SCA)

Sudden Cardiac Arrest (SCA) doesn't only threaten athletes; it strikes adults across all age groups, often without warning. Most at-risk individuals are unaware that they even have underlying heart issues.

Sudden cardiac arrest is common in adults: In the U.S., there are approximately 535,000 cardiac arrests per year, with about 326,000 occurring outside hospital settings and survival rates are just around 10% for these events.

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REGISTER ONLINE: PEYTONWALKER.ORG

Pre-registration is required and appointments will fill quickly. Please visit PeytonWalker.org for more information or scan the QR code to register. For more information, call 717-695-1917 or email info@peytonwalker.org.

