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# SIGN UP FOR A **FREE** EKG YOUTH HEART SCREENING

**DATE: MARCH 8, 2025**

**TIME: 7:30AM - 3:30PM**

**LOCATION: VIRGINIA MASON ATHLETIC CENTER**

(12 SEAHAWKS WAY, RENTON WA 98056)

## **WHY IS YOUTH EKG HEART SCREENING IMPORTANT?**

**Sudden cardiac arrest is the leading cause of death in exercising young athletes.**

The best way to detect the types of heart conditions that could potentially cause sudden cardiac arrest is through a heart screening that includes a comprehensive family health history, electrocardiogram (EKG), and may also include an echocardiogram (ECHO) using testing criteria developed especially for young hearts.

**Youth Heart Screening is open to any youth ages 12-24 years and consists of:**

A heart health survey investigating signs and symptoms/family history of a cardiac condition, blood pressure and physical exam, and EKG. An on-site echocardiogram is conducted in cases with a positive finding on history, physical exam, or EKG. Follow up support is available if needed.

**USE THE QR CODE TO SIGN UP  
PREREGISTRATION IS REQUIRED**



The Snohomish School District has approved this information for distribution through its schools. The district does not, however, assume sponsorship of or responsibility for the actual content of any of the activities offered.



FOR MORE INFORMATION CONTACT NICK OF TIME FOUNDATION AT 425-967-5828 OR [INFO@NICKOFTIMEFOUNDATION.ORG](mailto:INFO@NICKOFTIMEFOUNDATION.ORG)

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