



The following activities and events are organized or supported by our Women's Heart Health Action Team and the Heart Health Leadership Team.

Please contact Carol Ann Bauman at 410-876-4958 or cbauman@dhhm.state.md.us for more information or if you would like to attend the following event.

The Women's Night Out – Learn to Love Your Heart Dinner – This special program for women in our community is designed to raise awareness about women and heart disease. Carrie Vincent will be the featured speaker for this program that includes a light dinner. This event is scheduled for Monday, February 27, 2012 from 6:30 – 8:30 p.m. at the Dutch Corner Restaurant in Manchester, MD. This event is FREE, but space is limited; registration is required. Call 410-876-4958 for further information.

National Wear Red Day to raise awareness for heart health is Friday, February 3.

Other Heart Health Updates:

- ♥ Carroll County Health Department is celebrating *Wear Red Day* with heart health and tobacco cessation information and healthy snacks for employees on February 3rd.
- ♥ During February, Carroll County Public Schools are promoting American Heart Month with blood pressure checks for employees, coordinated by nursing staff at each school.

See the following websites for more heart health information, materials, and events:

www.CarrollHospitalCenter.org - heart health activities, screenings, and speakers or call 410-871-7000

www.GoRedforWomen.org - American Heart Association information, posters, and kits

www.nhlbi.nih.gov/educationalHeartTruth - The Heart Truth for Women Campaign

www.Heart.org - the American Heart Association provides heart health information, assessments, prevention tips, personal health score and plan.

February 2012 American Heart Month Events

The Partnership for a Healthier Carroll County, Inc.
535 Old Westminster Pike, Suite 102, Westminster, MD 21157
www.HealthyCarroll.org