



These activities and events are organized or supported by our *Women's Heart Health Action Team* for February, American Heart Month.

Please contact Dawn Eldridge, 410-876-4984 or [DEldridge@dnhm.state.md.us](mailto:DEldridge@dnhm.state.md.us) if you would like to attend any of these FREE events.

- ◆ **February 3 — “Women and Heart Health”** 7:00-8:00 p.m. Speaker: Carrie Vincent. Location: Calvary United Methodist Church, Mt.Airy, MD
- ◆ **February 5 — National Wear Red Day** for women AND men! See the American Heart Association web site at [GoRedForWomen.org](http://GoRedForWomen.org). Any organization can participate and download materials.
- ◆ **February 16 — “Women's Night Out - Learn to Love Your Heart Dinner”** 6:30-8:30 p.m. Location: Buttersburg Inn, Union Bridge, MD. Speaker: Carrie Vincent and *Heart Health Action Team* members. Sponsored by The Partnership, Carroll Hospital Center, Carroll County Health Department, and WomenHeart. Call 410-876-4984 to register.
- ◆ **February 26 — “Zumba Fun and Heart Health”** 7:30 -8:30 p.m. Speaker Erin Peiffer will share her story after a fun and invigorating Zumba class. Education, materials and WomenHeart gift bags. Location: Merritt Athletic Club, Eldersburg, MD.

Please visit the Carroll Hospital Center web site at [www.CarrollHospitalCenter.org](http://www.CarrollHospitalCenter.org) or call **410-871-7000** for MORE local events and educational programs!

*Additional programs will be offered through the spring. Women and teens, mark your calendars for the **Women's Heart Health Fashion Show and Dinner** on March 20 at Manchester Fire Hall, organized by Miss Teen Manchester International and Heart Health Action Team member Hannah Brewer. Also, join Laurie Hegg from Carroll County Health Department for a **Women, Tobacco and Heart Disease Coffee Break** on April 29. at Carroll Hospital Center.*

## February 2010

# American Heart Month Events