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## FOR IMMEDIATE RELEASE

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### American Heart Month - Love Your Heart!

**Westminster, MD** – (January 28, 2010) - February is American Heart month, and many local events are taking place to educate about the importance of taking care of your heart and knowing warning signs for heart problems. Heart disease is the number one cause of death for women and men, in Carroll County, in Maryland, and in the United States.

While many medical advances have been made, it is important to reduce your risk factors for heart disease by making heart-healthy choices. These include not using tobacco, eating a healthy diet with disease-fighting vegetables, fruits, whole grains and low-fat dairy products, being physically active on a regular basis, maintaining a healthy weight, and monitoring your blood pressure, cholesterol and blood sugar levels.

The *Women's Heart Health Action Team* of the Partnership for a Healthier Carroll County has planned the following informative, fun events for February to promote awareness of heart disease and support for those with heart disease. All are FREE and open to the community. Call 410-876-4984 for details.

- **February 3** - Women and Heart Health, 7:00 – 8:00 p.m. at Calvary United Methodist Church in Mt. Airy. Speaker: Carrie Vincent, young mother and heart attack survivor.
- **February 5** - National Wear Red Day! Wear red to show support for heart disease awareness for women and men. Any group can participate. For more information, visit [www.GoRedForWomen.org](http://www.GoRedForWomen.org).
- **February 16** - “Women’s Night Out - Learn to Love Your Heart” dinner and program, 6:30-8:30 pm, Buttersburg Inn, Union Bridge. Speaker: Carrie Vincent. To attend, please call 410-876-4984 and register.
- **February 26** - “Zumba Fun and Heart Health”, 7:30 - 8:30 p.m. at Merritt Athletic Club, Eldersburg. Speaker: Erin Peiffer, leader of Women Heart Support Group.

Carroll Hospital Center also has many special heart health educational programs planned for February. See their website for details: [www.CarrollHospitalCenter.org](http://www.CarrollHospitalCenter.org) or call 410-871-7000.

Additional programs will be offered through the spring, including a Women and Teens' Heart Health Fashion Show and Dinner at Manchester Fire Hall on March 20, coordinated by Hannah Brewer, Miss Teen Manchester International and a member of the *Women's Heart Health Action Team*. A "Women, Tobacco and Heart Disease Coffee Break" will take place on April 29 at Carroll Hospital Center, co-sponsored by Carroll Hospital Center and the Carroll County Cigarette Restitution Fund Program. For more information on any of these events, call 410-876-4984.

*The Partnership for a Healthier Carroll County, Inc., an affiliate of Carroll Hospital Center and the Carroll County Health Department, is a private, nonprofit community led organization that seeks to build capacity for both health and quality of life improvement.*

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