



## March 2011 Heart Health Events

*The following activities and events are organized or supported by the Women's Heart Health Action Team of The Partnership.*

*Please contact Dawn Eldridge at 410-876-4984 or [DEldridge@dhhmh.state.md.us](mailto:DEldridge@dhhmh.state.md.us) if you would like to attend any of these events or for more information.*

**The Women's Night Out - Learn to Love Your Heart Dinner - Thursday, March 10** from 6:30 to 8:30 p.m. at Gypsy's Tea Room in the Winchester Country Inn, Westminster. Carrie Vincent will be the featured speaker at this light dinner for women in the community. This event is FREE, but space is limited to 30 people; registration is required. Call 410-876-4984.

**2nd annual "Go Red" Dinner and Fashion Show - Friday March 18, 5:30 p.m.** at Manchester Fireman's Activity Building. This is being sponsored by our youth volunteer, Hannah Brewer. Tickets are \$30 and proceeds benefit the American Heart Association.



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

[www.CarrollHospitalCenter.org](http://www.CarrollHospitalCenter.org) - heart health activities, screenings and speakers (or call 410-871-7000)

[www.GoRedforWomen.org](http://www.GoRedforWomen.org) - American Heart Association info, posters and kits

[www.nhlbi.nih.gov/educational/HeartTruth/index.htm](http://www.nhlbi.nih.gov/educational/HeartTruth/index.htm) - The Heart Truth for Women kit

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