



'Learn to Love Your Heart' program set for Feb. 16

By Sharon Burlison Schuster, Neighborhoods Correspondent

At 32, Carrie Vincent had a heart attack. However, she didn't experience the sensations that are typically associated with an attack, such as a crushing pain in the chest.

Vincent, a volunteer with the Women's Heart Health Action Team, will be the featured speaker at a free program on Feb. 16.

The Women's Heart Health Action Team, of the Partnership for a Healthier Carroll County, planned the event to promote awareness of heart disease. "The main message is to be an advocate for your own health, and to know the warning signs of a heart attack; they can be very different for women than for men," said Dawn Eldridge, community health educator with the Carroll County Health Department.

"Women's Night Out — Learn to Love Your Heart" will be held at Buttersburg Inn, 9 N. Main St., Union Bridge, from 6:30 to 8:30 p.m. A light meal of soup, salad and beverages will be included. Jim Rowe, co-owner of the Buttersburg Inn, is a registered nurse and "is very interested in the health of the community in Union Bridge," noted Eldridge.

"He is helping to subsidize the cost of the program."

The cost of the meal is being provided by the nonprofit Partnership for a Healthier Carroll County, which is an affiliate of Carroll Hospital Center and the Carroll County Health Department.

"Come and learn about supporting each other and taking care of ourselves," invited Eldridge, who also holds the position of Health Improvement Area Manager with the Partnership for a Healthier Carroll County.

Seating is limited. To register, call 410-876-4984.