

Date: January 28, 2014

Darren Rausch, Health Officer/Director, (414) 329-5275

For Immediate Release

Health Department to Host Heart Health Education Event on February 7, 2014

Greenfield, WI – February is a month that not only reminds us of hearts and candies due to Valentine’s Day, but also because it’s a month that promotes heart health. February honors American Heart Month and Go Red For Women to highlight tips and strategies on keeping your ticker healthy.

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, the Greenfield Health Department is hosting a Go Red Heart Health Event on Friday, February 7th from 12:00-4:00p in Greenfield City Hall, Room 105. This event is free to all and no registration is required. The event will have:

- Educational resources regarding the importance of heart health
- Exercise demonstrations
- Samples of heart healthy snacks and take-home recipes
- Raffles for a chance to win exciting prizes

The Health Department serves as a resource to the community and can provide recommendations on how to make healthy changes to lower your risk of developing heart disease. Some key risk factors to control include watching your weight, quitting smoking and staying away from secondhand smoke, controlling your cholesterol and blood pressure, drinking alcohol only in moderation and living a healthy and active life.

For more information on how to keep your heart healthy you may visit the Greenfield Health Department website at www.greenfieldwi.us/health. Additional resources may be found at the American Heart Association webpage (www.heart.org/HEARTORG) and Go Red For Women webpage (www.goredforwomen.org/).

