

NEWS RELEASE

For Immediate Release

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COOKING FOR HEALTHY HEARTS

Pleasanton, TX— South Texas Regional Medical Center's Healthy Woman program has an invitation from the heart planned especially for you! In celebration of National Heart Health Month, the program has planned an evening which offers guest the opportunity to receive a preventative heart screening and participate in a heart healthy cooking demonstration on Wednesday, February 17th.

Cardiovascular disease is the #1 killer of both men and women in the United States. Although this is an alarming mortality rate, the disease is highly preventable. Early detection is key for survival! This is why Healthy Woman is offering its guest free Peripheral Artery Disease Screenings (PAD) beginning at 5:30 p.m. This non-invasive screening is painless and measures one's blood pressure to determine effectiveness of blood flow at several points in the body.

At 6:30 p.m., a cooking demonstration will begin to teach women some quick recipes that are excellent options for good heart health. The recipes demonstrated will be from the American Heart Association's (AHA) official cookbook. Copies of the AHA's Cookbook will be raffled as prizes for a few fortunate guests!

Join us for one fun night of heart health! Entrance to the event is limited, so please call to reserve your space at 830-769-5353. Or email your rsvp to Danielle_Flores@chs.net

Wednesday, February 17th, 2010

**PAD Screenings
Starting at 5:30 p.m.**

**Cooking for Healthy Hearts Demonstration and Food Sampling
6:30pm-7:30pm**

**Healthy Woman Center
1320 W. Oaklawn Suite L
Pleasanton, TX**

Happy National Heart Health Month from your friends at Healthy woman! Reserve your seat today on-line at www.strmc.com today!

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