

## News Advisory

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### **Everett Women Take Heart**

**Free screenings and hands-on tools for women and their families,  
to lower their risk of heart disease**

**WHO:** The Hope Heart Institute and Citrine Healthcare will host a Women Take Heart™ night at Citrine Health to reach women and their families with screenings and information to lower their risk of heart disease, the #1 cause of death in America.

**WHAT:** The evening will include a light dinner, health screenings and sessions with experts in nutrition, fitness, and goal setting. Nursing students will provide no-cost cholesterol, blood pressure, and glucose screenings for women with limited resources. Screenings are open to women only, but dinner and presentations are for the whole family.

**WHY:** To encourage women to make healthy food and fitness choices and prevent heart disease.

- Nearly twice as many women in the United States die of heart disease, stroke and other cardiovascular diseases as from all forms of cancer combined.
- More than two-thirds of all cardiovascular incidents in women could be prevented with lifestyle choices in diet and fitness.
- On the average, women take 2-4 hours longer than men to respond to symptoms of a heart attack.

**WHEN:** **Monday, May 16, 2011 | 3:00 – 6:00 screenings (women only), 6:00 – 7:45 dinner and presentations (bring the family!)**

**WHERE:** **Citrine Health | 2817 Rockefeller Avenue | Everett | 98201**

**REGISTER:** **Registration required** at 425-259-9899 | 888-651-8931 toll free

**SPONSORS:**

- The Hope Heart Institute (funded in part by NHLBI Heart Truth)
- Citrine Healthcare
- Everett Community College School of Nursing

#### **About The Hope Heart Institute**

The Hope Heart Institute has a 50-year history of revolutionary medical advances and educational curricula that make heart disease - America's No. 1 cause of death - more treatable, beatable, and preventable. We are a Bellevue, Washington-based 501(c)(3) non-profit. For more, visit [www.hopeheart.org](http://www.hopeheart.org).

#### **About Citrine**