

January 2009



To Whom It May Concern:

It is time again to “Go Red for Women.” The month of February is National Go Red for Women. This is American Heart Association's nationwide movement that celebrates the energy, passion and power to band together and fight heart disease. Too few people realize that heart disease is the No. 1 killer of American women – and of men. On average, an American dies of cardiovascular disease every 35 seconds. But the good news is that heart disease can largely be prevented. Go Red For Women empowers women with the knowledge and tools they need to take positive action to reduce their risks of heart disease. "Love Your Heart," the Go Red for Women movement is mobilizing women, men, celebrities, healthcare providers and politicians to embrace and elevate the cause of women and heart disease.

Portneuf Medical Center’s cardiovascular educators are available to provide presentations to any age group, male or female, to discuss heart disease and prevention. We have a power point presentation available or a cardiovascular jeopardy game. We would love to spread the “love your heart” message by scheduling a presentation with you during the month of February, or any month. Do you know your risk factors for heart disease? If you are interested, or have any questions, please call me at 208-239-2431.

Thank you,

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