

**PRESS RELEASE:**

Jan. 21, 2011

On-Call Media Cell: (828) 674-2358

**Know Your Heart Health Numbers program at Pardee Health Education Center**

*(Hendersonville, N.C.)* Heart disease is the leading cause of death in the United States with the most common disease being heart attacks. The American Heart Association recognizes February as Heart Month to increase awareness of heart health. Pardee Hospital is assisting this effort by offering a free program, Know Your Heart Health Numbers, which aims to demonstrate some of the most important measures of heart health and what people can do to improve. This presentation is part of the ongoing Diabetes Support Group, but will also be open to the general public.

The free program will be held on Wednesday, Feb. 16 from 10 until 11:30 a.m. at the Pardee Health Education Center, located in the Blue Ridge Mall. Joel Tipton, MA, RCEP, coordinator of Pardee's Cardiopulmonary Rehabilitation Program, will be leading the discussion. Participants will learn about appropriate numbers for the health of their heart such as cholesterol (HDL, LDL and triglyceride) levels, blood pressure, heart rate and body mass index. There will also be a discussion of the preventative steps that participants can take to reduce their chances of heart disease.



Every minute, someone will die from a coronary attack. Knowing the signs of a heart attack can help to save the life of a loved one or oneself. For more information about the Know Your Heart Health Numbers program, call the Pardee Health Education Center at (828) 692-4600. To learn more about Heart Month or the prevention of heart disease, visit [www.heart.org](http://www.heart.org)

[Pardee Hospital](http://www.pardeehospital.org) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](http://www.pardeehospital.org). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit [www.pardeehospital.org](http://www.pardeehospital.org).

###

