



NEWS

MONTGOMERY COUNTY OFFICE OF COMMUNICATIONS
COURT HOUSE, NORRISTOWN, PA., BOX 311, 19404-0311

Frank X. Custer, Communications Director

Jessica Willingham, Communications Assistant

PHONE (610) 278-3061 FAX (610) 278-5943

COMMISSIONERS: JOSH SHAPIRO, *Chair*

VALERIE A. ARKOOSH, MD, MPH, *Vice Chair*

BRUCE L. CASTOR, JR., *Commissioner*



FOR IMMEDIATE RELEASE: May 29, 2015

Montgomery County Health Department to Host Heart Health Workshop
Wednesday, June 10, 2015 from 10:00 a.m. to 2:00 p.m.

Norristown, PA (May 29, 2015) – Montgomery County Health Department (MCHD) will host a heart health workshop Wednesday, June 10, 2015 from 10:00 a.m. to 2:00 p.m. at the Elmwood Park Zoo. Heart disease and stroke are two of the leading causes of death in Montgomery County. Many of the risk factors associated with heart disease are preventable. The workshop will bring together community leaders to address how best to work together to promote healthy lifestyle behaviors and regular heart health screenings that prevent heart disease.

MCHD will showcase how they have incorporated healthy messages, environmental and policy change in a nontraditional setting. Dalton Paxman, PhD, Regional Health Administrator, U.S. Department of Health and Human Services, will provide an overview of the Million Hearts® campaign. Robert Gillio, MD, from the Force For Health Foundation, will share his personal story and bring heart health messages to life throughout the zoo. This is an exciting opportunity to network and collaborate to build partnerships throughout the county.

This workshop is funded by the Pennsylvania Department of Health's Preventive Health and Health Services Block Grant and is part of the Million Hearts® campaign, a national initiative to prevent one million heart attacks and strokes by 2017.

Those interested in attending should rsvp by June 5th to lfalco@montcopa.org.

Please find workshop details here: <http://www.montcopa.org/DocumentCenter/View/9117>