

Cherokee Regional Medical Center
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PRESS RELEASE

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January 31, 2011- **FOR IMMEDIATE RELEASE!**

CHEROKEE REGIONAL MEDICAL CENTER TO HOST FREE “HERE’S TO YOUR HEART!” LUNCH AND LEARN EVENT

In recognition of February as American Heart Month, Cherokee Regional Medical Center will be hosting an informational lunch and learn program titled “*Here’s to Your Heart!*” CRMC staff members including Dr. Christopher VandeLune, Doyle Kruger, ARNP, Stephanie Jacobson, RD, LD and Kasey Reilly from the Wellness Center, will present topics ranging from the importance of heart health screenings to the benefits of being physically active and proper nutrition. The free event is open to the public and a complimentary heart healthy lunch will be provided.

“Even though heart disease is the number one killer of men and women, people often take it for granted,” said Kent Lundquist, Marketing and Public Relations Manager for CRMC. “We are offering this event to increase awareness of heart disease and to educate the participants about steps they can take to reduce their risk of a heart attack.”

The lunch and learn program will be held from 12:00 – 1:00 p.m. on Wednesday, February 23, 2011 in the Cherokee Regional Medical Center 1st Floor Conference Room.

Space for this event is limited and pre-registration is required. To RSVP, please contact Leanne White at (712) 225-3368 ext. 200 or via email at lwhite@cherokeermc.org by **February 18, 2011.**