



- ♥ Heart disease is the number one killer of women over age 25.
- ♥ Each year, heart-related diseases kill one in two women, breast cancer kills one in 30.
- ♥ Think heart disease is not a threat to you? ... *Think again.*
- ♥ Avoid becoming another statistic.
- ♥ Take charge of your health and get checked today.

Event Sponsors

- Heart to Heart Steering Committee
- ♥
- Health Care Coalition of Lafayette County
- ♥
- I-70 Community Hospital
- ♥
- Lafayette Regional Health Center
- ♥
- Lafayette County Health Department
- ♥
- Rodgers-Lafayette Dental & Health Center
- ♥
- University of Missouri Extension

heart-to-heart

HEALTH FORUM FOR WOMEN

Thursday, March 8

4:00 pm - 8:30 pm

New Horizon Presbyterian Church

4266 South Highway 131

Odessa, Missouri



Register Today

660-584-3658

Pre-registration is requested.

Registration deadline is March 1, 2012

Free Admission!

Thank you to the local supporters who helped make this event possible!

Free Admission • Register Today

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Health Screenings

available at

heart-to-heart

HEALTH FORUM FOR WOMEN

Do you know your numbers?

- ♥ Blood Pressure
- ♥ Blood Sugar
- ♥ Cholesterol
- ♥ Body Fat (BMI)

Other Screenings:

- Bone Density
- Skin Cancer
- Lung Function
- Glaucoma
- Hearing



heart-to-heart

HEALTH FORUM FOR WOMEN

Agenda

- 4:00 - 6:45.....Registration
Light Refreshments & Health Screenings
Sign up for Door Prizes!
- 5:00 - 5:45.....Mini-Sessions
- 6:00 - 6:45.....Mini-Sessions Repeated
Go Red for Women - The Heart Truth
Dr. Marla Tobin
- Vitamin D, What's all the Hype?
Dr. Michelle Dew
- Healthy Transitions - Pre-menopause & Menopause
Dr. Willis Kephart
- Don't Let Stress Get You Down!
Theresa Presley, MSW, LCSW, RPT
- Women's Health in Time of Healthcare Reform
Brian Colby, MO Healthcare Advocacy Alliance
- Keynote Speakers:**
- 7:00....."Strong Hearts, Strong Bodies, Strong Minds"
Steve Ball, Ph.D. University of Missouri-Columbia
- 7:45....."A Heart to Heart Message"
Carolyn Long, KCTV5 News Anchor
- 8:15.....Closing Remarks,
Evaluation & Door Prizes



Reasons You Should

Attend this Event



- ♥ One in five females in the U.S. have some form of heart disease.
- ♥ A woman dies from heart disease every 34 seconds.
- ♥ African-American and Mexican-American women have higher heart disease and stroke risk factors than white women of comparable socioeconomic status.
- ♥ The prevalence of high blood pressure in minority women in the U.S. is among the highest in the world.
- ♥ Coronary heart disease rates in women after menopause are two-to-three times those of women the same age before menopause.
- ♥ Obesity and smoking can lead to heart disease. Statistics for women in the U.S.: 35 percent are obese and 25 percent smoke. This is why most women develop heart disease at a very young age.



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