

NEWS RELEASE  
Tuesday, March 2, 2010



**For immediate release**

## **Sunrise Health Region Heart to Heart Program**

The Heart and Stroke Foundation of Canada indicates that one in five adults aged 50 to 64 years have two or more of the major risk factors for heart disease including high blood pressure, diabetes, smoking and obesity. To educate and provide awareness of cardiovascular disease, Sunrise Health Region offers the Heart and Stroke Foundation's "Heart to Heart" program.

The Heart to Heart program is a six week education and support program assisting cardiac patients and their families who have, or are at high risk for cardiovascular disease. "Heart health is crucial for all age groups," says Kerry O'Donnell, Chronic Disease Management Facilitator with Sunrise Health Region. "By offering the Heart to Heart program, we strive to educate and support as many residents in the region as possible."

Education takes part in small group settings with the groups meeting once a week for six weeks. Each session lasts for approximately two hours and features a different guest speaker including nurses specializing in cardiac care, pharmacists, dieticians and physical therapists.

Session topics include:

- Meet your Heart
- Cardiac procedures, treatments and medications
- Eat Heart Smart
- Physical Activity
- Stress and Stress Management
- Community resources

The Heart to Heart program is offered free of charge and is also open to spouses, family members, friends or other support persons. "It is important that we are able to provide this valuable information not only to those living with or at risk of cardiovascular disease, but also to their support system, whether that includes family members, friends or others," O'Donnell continued, "By getting the message about heart health out to the public, we strive to motivate more people to incorporate heart health treatment and prevention measures into their daily lives."

The Heart to Heart program is offered during the year in various communities throughout the Sunrise Health Region. The list of upcoming courses can be found on the Sunrise Health Region website under "Sunrise Courses and Workshops". For more information on the Heart to Heart program, contact Kerry O'Donnell at (306) 786-0768.

-30-

**For information about this news release or to arrange interviews, please contact Sharon Tropin, Director of Communications 306.786.0144.**