

news release

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Winter Haven
Hospital

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Winter Haven Hospital Foundation plans ‘Heart Smart Days’ to focus on cardiovascular health for women

WINTER HAVEN, FL – (January 22, 2010) – Heart disease is the No. 1 cause of death among women and kills more women than the next five causes of death combined. That’s why, in conjunction with National Heart Month in February, the Winter Haven Hospital Foundation will present three major events in February designed to focus on cardiovascular health for women.

Proceeds raised by sponsorship of the events will be used to benefit the patients served by Winter Haven Hospital’s Bostick Heart Center.

The events include:

- **An Affair of the Heart: Women to Women:** Friday Feb. 5, noon. Presented by Boston Scientific. Lecture with Kimberly Jackson, D.O., director of Winter Haven Hospital’s Family Health Center in Dundee. Enjoy lunch and fellowship and learn about the No. 1 killer of women. The event will be held in the Wellness Classroom at the Regency Center for Women and Children in Winter Haven. Admission is free, but space is limited. Registration is required.
- **Heart Smart Days Health Fair:** Saturday, Feb. 13, 7:30 to 11 a.m. Participants in the health fair will have the opportunity to obtain a comprehensive risk assessment for heart disease. This will include blood tests and other measurements that gauge your heart disease risk. Participants will learn the results of their tests and how to lower their risks. Admission is free, but the cost is \$35 for those taking blood tests. Participants who want to take blood tests should fast 12 hours before having their blood drawn. The event will be held in the Grand Lobby of the hospital’s main campus. Registration is required for the comprehensive risk assessment.
- **Evening Heart Smart Days Community Lecture:** Tuesday, Feb. 23, 7 p.m. Lecture presented by K. Chandrasekhar, M.D. Dr. “Sekhar” is a cardiologist at Winter Haven Hospital’s Bostick Heart Center and former president of the

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hospital's medical staff. The event will be held in the hospital's Main Campus Auditorium. Admission is free, but space is limited. Registration is preferred.

Christina Fitzsimons, director of development, marketing and PR support services for Winter Haven Hospital, said sponsorship opportunities for Heart Smart Days remain available.

"Our current sponsor is Boston Scientific, which is presenting the 'An Affair of the Heart Lecture' on Feb. 5. This event and the other two events will benefit hundreds of participants and it's our sponsors who help to make that possible," Fitzsimons said.

To register for these events, call the Winter Haven Hospital Health Connection at 863-291-6705 or 800-416-6705.

About the Winter Haven Hospital Foundation

Winter Haven Hospital Foundation, Inc. is a not-for-profit charitable institution governed by a board of volunteer trustees who serve without pay. In an effort to meet the continuing needs of our health service organization and the growing communities it serves, the Foundation provides philanthropic support for the very latest in medical care, technology, equipment, facilities, manpower, and education for Winter Haven Hospital, the Regency Center for Women and Infants and the many other health services we provide in east Polk and Highlands counties.

About Winter Haven Hospital

Established in 1926, Winter Haven Hospital serves as the major medical center for east Polk and Highlands counties and the U.S. Highway 27 / Ridge Corridor. The 527-bed hospital is a locally owned and operated not-for-profit organization. The hospital is fully accredited by the Joint Commission on accreditation for Healthcare Organizations (JCAHO) and has more than 300 board-certified physicians on its medical staff representing every major specialty. Affiliated with the University of Florida College of Medicine/Shands Healthcare, Winter Haven Hospital also is the home of **Bostick Heart Center**, the **Cassidy Cancer Center**, the **Regency Center for Women and Infants**, a nationally accredited **Stroke Center** and the nationally accredited **Joy-Fuller Rehab Center**. In January, the hospital was recognized by the American Nurses Credentialing Center (ANCC) with the prestigious designation of Magnet status, recognition granted to only 5 percent of the nation's hospitals. With more than 2,500 employees, Winter Haven Hospital is east Polk County's largest private employer and has been recognized for three consecutive years by Polk Works Workforce 2020 as one of the county's best places to work. For more information, please visit our Web site at www.winterhavenhospital.org.

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