

Dear Gov. Haley,

Please accept our sincere thanks for your support of the Statewide Screening Day during Heart Month 2015. We had a wonderful response despite the inclement weather and already have more commitments for 2016! We look forward to working together for better heart health in our state!

From the heart,
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foundation

the Heart2Heart



Advance Heart Health Risk Assessment

Available the 3rd Thursday of each month from
7:30am-10:30am at the Community Resource Center
of Piedmont Medical Center in Rock Hill



PIEDMONT
MEDICAL CENTER
Heart & Vascular Center

**To schedule your
screening call:
877-228-3638**

Includes: Lipid Panel, Glucose, BMI, Blood Pressure & 12 Lead EKG
Review of EKG & Family/personal history by a board-certified cardiologist to assess
your heart health risk status

Cost is \$39.95, payable day of screening. Fasting is required prior to screening.
Qualified women can receive a scholarship to cover the assessment fee.
Visit our website to apply: TheHeart2HeartFoundation.org



Studies show that 90% of women have at least one or more risk factors for developing heart disease! How do you rate?

Know the risk factors:

- ♥ High cholesterol
- ♥ High blood pressure
- ♥ Diabetes
- ♥ Smoking
- ♥ Being overweight
- ♥ Being physically inactive
- ♥ Age 55 or older
- ♥ Family history of early heart disease

Did you know that around 80% of heart disease can be prevented? HOW?

- ♥ Know your blood pressure & keep it under control
- ♥ Exercise 30 minutes a day (150 minutes/week)
- ♥ Don't smoke
- ♥ Get tested for diabetes & if you have it, keep it under control
- ♥ Eat a lot of fruits & vegetables
- ♥ Maintain a healthy weight

