

# PRESS RELEASE



**J.C. Blair Memorial Hospital**  
1225 Warm Springs Avenue  
Huntingdon, PA 16652

FOR MORE INFORMATION, CONTACT:  
Stacey L. Freitag, Community Relations Coordinator  
(814) 643-8833 Fax: 814-643-8348  
sfreitag@jcblair.org

## **J.C. Blair Sponsors Women's Heart Health Conference April 5**

**Huntingdon, PA (03/21/08)** – Heart disease is the number one killer of women in the United States and Huntingdon County. One in three women will suffer from heart disease during the course of her life. J.C. Blair Memorial Hospital is sponsoring a Women's Heart Health Conference on Saturday, April 5, 2008, from 8:30 a.m. to 1:00 p.m. at The Inn at Edgewater Acres in Alexandria, Pennsylvania. The Conference is free; however, the optional luncheon to conclude the conference is \$15. Seating is limited and pre-registration is required. Brochure and registration form is available online at [www.jcblair.org](http://www.jcblair.org) or by calling 643-8889.

The conference will feature keynote speaker Dr. Kimberly Skelding, cardiologist and founder of the Women's Heart Health program at Geisinger Medical Center. Dr. Skelding is a specialist in cardiovascular disease and interventional cardiology. She earned her medical degree from Northwestern University School of Medicine and completed her residency at Geisinger Medical Center. She completed a clinical cardiology fellowship at William Beaumont Hospital in Royal Oak, Michigan and a Master's Program in Clinical Research. Dr. Skelding also completed an interventional cardiology fellowship at the Mayo Clinic. She is a native of Mount Carmel, PA.

Four breakout sessions will be offered on various heart health topics. Connie Kough Pittenger of Huntingdon Curves will present "Exercise for Your Health;" Dr. Amy Swindell, "How to Discuss Concerns with Your Physician;" J.C. Blair Behavioral Health Outreach Coordinator Shelly Rivello, "Reducing Your Stress;" and J.C. Blair Dieticians Diane Williamson and April Reinard, "Heart Healthy Diet."

This conference is made possible through J.C. Blair's Women's Heart Health Initiative which is funded through private donations specifically dedicated to developing this program. The goal of this initiative is to raise awareness and educate women, their families and friends, caretakers, physicians, and nurses about heart disease in women and the importance of early detection. Of those women who die suddenly from coronary heart disease, a shocking 64% have no previous symptoms of this disease. Often times, heart disease symptoms go unnoticed and untreated. However, through awareness, education and early detection, women can take an active role in improving their heart health and reducing their risk for heart disease.

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Women of all ages are invited to attend this free conference to learn more about what they can do to minimize their risk of developing heart disease. Continental breakfast and heart-healthy snacks will be provided. The Conference will conclude with a luncheon at a cost of \$15. Seating is limited and pre-registration is required for both the Conference and the luncheon. More information and registration forms are available online at [www.jcblair.org](http://www.jcblair.org) or by calling 643-8889.

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