

*You Are Cordially Invited to the*

# *Lunch & Learn*

*with*

# *Wear Red Day Fashion Show*

**February 5, 2010**

**12noon-1pm**

**Juniata College**

Ellis Ballroom

Featuring

**Hollie Kratzer, CRNP**

Blair Medical Associates, Cardiology

Stress & How it Relates Directly to Heart Health



Presented by:

**J. C. Blair Memorial Hospital Women's Heart Health Initiative  
&  
Mount Union Area High School Graduation Project Students**

Hosted by:

**Juniata College**

RSVP by February 1st, space is limited (814) 386-5729 or  
hearthealthy@verizon.net

## *Why go RED?*

Research shows that women who “Go Red” are more likely to make healthy choices.

More than one-third have lost weight.

Nearly 55 percent have increased their exercise.

Six out of ten have changed their diets.

More than 40 percent have checked their cholesterol levels.

One third have talked with their doctors about developing heart health plans.