



300 Sisters IN RED

APRIL 17, 2010 • 8 A.M. TO 1:30 P.M.

YOUNGSTOWN STATE UNIVERSITY • KILCAWLEY CENTER



Heart disease is the #1 killer of women in the United States. For African American women, the risk of heart disease is especially great. Heart disease, and the risk factors for developing it, such as diabetes, high blood pressure, overweight and obesity are all more common among black women than white women. The good news is that women can lower their heart disease risk by as much as 82 percent just by leading a healthy lifestyle.

According to the American Cancer Society, breast cancer is the most common cancer and the second leading cause of death among African American women. Also, despite a national overall decrease in death rates from breast cancer, the rates for African American women have remained the same or, in some areas of the country, increased. Early detection of breast cancer is the key to saving lives.

Come and learn information about heart disease, diabetes and breast cancer that could save your life!

8 TO 10 A.M. FREE HEALTH SCREENINGS

**** Appointments required for cholesterol and blood sugar screenings. ****

Total, HDL, LDL cholesterol and blood sugar (12 hour fast required)

blood pressure • body fat • bone density

computerized heart health assessment • stroke risk assessment • colon cancer screening

Massages • Refreshments • Interactive fitness for all ages

Door prizes • Informational displays

10:30 A.M. TO 12:30 P.M. SPEAKERS

Diabetes: How It Relates To Heart Disease - Fareedah Z. Goodwin, M.D.

Breast Cancer Awareness: What Women Need to Know - Dara P. Richardson-Heron, M.D.

12:30 TO 1:30 P.M. LUNCH

Free. Registration required by April 9. Registration is limited to the first 300 women. To register, call Humility of Mary Healthline toll free at 1-877-700-4647.

Do something for you! Wear red to support the campaign for women's heart health awareness! Casual attire. Dress appropriately if you plan to join us for exercise.

Free Parking. Participants must park in the M2 deck on Fith Avenue. (see map on reverse side)

Sponsored by



Youngstown Chapter



HUMILITY OF MARY
HEALTH PARTNERS



Third Baptist Church
Health Awareness



Delta Sigma Theta Sorority

Anthem 



American Heart
Association

American Stroke
Association

Learn and Live.

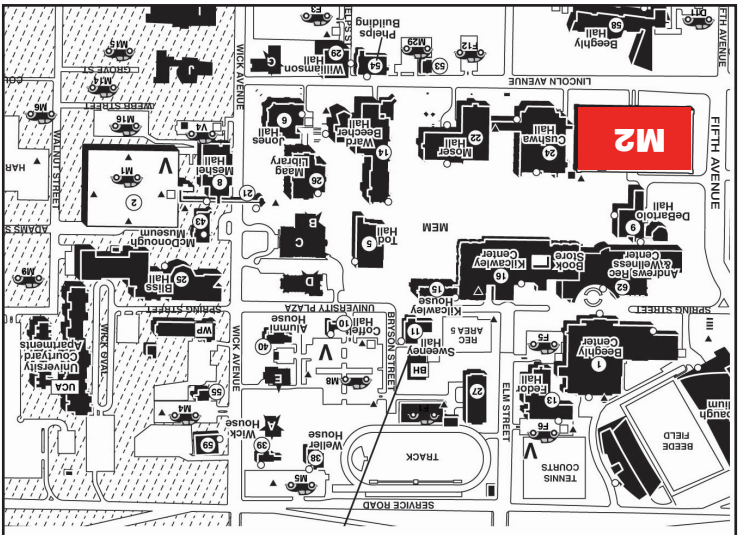
CareSource

Youngstown
STATE UNIVERSITY



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Parking in the M2 deck
on Fifth Avenue



HUMILITY OF MARY
HEALTH PARTNERS

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