



Lake County General Health District

33 Mill St
Painesville, Ohio 44077
Painesville: (440) 350-2543
Cleveland: (440) 918-2543
Madison: (440) 428-4348 Ext. 2543
www.lcghd.org

Ron H. Graham, RD/RDN, LD, MPH, Health Commissioner

NEWS RELEASE
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CONTACT: KATHY MILO
LAKE COUNTY GENERAL HEALTH DISTRICT

FREE BLOOD PRESSURE CHECKS AT RAUN HAIRDRESSERS

In honor of American Heart Month this February sponsored by the American Heart Association, the Lake County General Health District will be partnering with Raun Hairdressers for National Wear Red Day on February 6, 2015 to offer FREE blood pressure checks:

- **February 6, 2015 from 9:00 a.m. – 3:00 p.m.**
Raun Hairdressers
5900 SOM Center Rd., Willoughby Hills, Ohio 44094

Members of the Medical Reserve Corps of the Lake County General Health District will volunteer their time to provide free blood pressure checks to all clients and employees of Raun Hairdressers, as well as the general public. In addition, there will also be educational resources available to increase awareness and knowledge about heart disease risks, symptoms, and causes.

National Wear Red Day is a special day to bring attention to heart disease, the number one killer of women in the United States of America. Heart disease kills more men and women than all forms of cancer combined. Many of these deaths can be prevented. Unfortunately, most women do not notice the symptoms of a heart attack until it is too late. That is why it has been called the silent killer. You can help by wearing red, speaking up, and uniting with millions of women to help save lives across America.

To lower your chance of getting heart disease, follow these tips for a healthy heart:

- Get your blood pressure and cholesterol levels checked regularly;
- Maintain a healthy weight;
- Quit smoking;
- Get active; and
- Eat a healthy diet.

For more information on Wear Red Day, visit <https://www.goredforwomen.org/home/get-involved/national-wear-red-day/ay/>.

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