



**McHenry County  
Department of Health**

2200 N. Seminary Avenue, Woodstock IL 60098

Phone 815-334-4510 Fax 815-334-4635

[www.mcdh.info](http://www.mcdh.info)

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**FOR IMMEDIATE RELEASE**

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Contact: Debra Quackenbush

815-334-4510; cell 815-236-3238

## “Heart Smart for Women” begins January 19<sup>th</sup>

**Woodstock IL** – McHenry County Department of Health (MCDH) is offering a health program for women designed to assess heart health risks, manage stress, and establish reachable goals to become more active – and stay active – for a lifetime. “Heart Smart for Women” runs every Tuesday from 6:30pm-8pm beginning January 19 through April 6 at MCDH’s Crystal Lake facility (100 N. Virginia Street). Preregistration is required at 815-334-4580 or [LAKeller@co.mchenry.il.us](mailto:LAKeller@co.mchenry.il.us). The fee is \$25. Those who complete the course will receive a refund of \$15.

Participants will be shown practical ways to fit physical activity into everyday life, while making heart-healthy and tasty food choices to reduce the risk of heart disease and stroke. Lila Keller, RN, Health Educator will also show how to break down barriers, find support and overcome lapsing and relapsing behaviors.

Heart disease is the leading cause of death for women. Studies show 1 in 3 adult women have some form of heart disease, the leading cause of death for women. You can lower your risk of heart disease by living a healthy lifestyle. Physical activity has many benefits – weight loss, lowered blood pressure, diabetes control, improved mental health and strengthened bones.

MCDH receives funding for “Heart Smart” from the Illinois Department of Public Health, Office of Women’s Health. This series is supported by Mercy Health System. For more information, call Ms Keller at 815-334-4580 or log on to [www.mcdh.info](http://www.mcdh.info).

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*“Working to prevent disease and promote health and safety for all people of McHenry County since 1966.”*