



Awareness for a Healthy Heart



February 26, 2010

Hosted at the Clay County Health Department 601 East 12th Street Flora IL 62839

Agenda

- 3:30 – 3:50 *Vickie Simpson*, Clay County Heart Support Group
Welcome - Overview (Agenda, Restrooms, Refreshments, Displays, Clay County Heart Support Group)
My Story - *Vickie Simpson*
- 3:50 – 4:10 *Angela Casolari*, Director of Cardiopulmonary, Clay County Hospital
Cardiopulmonary Rehab after a heart attack
My Story – *Oliver Spicer*
- 4:30 – 4:50 *Susan Hagen*, Education Facilitator, Clay County Hospital
High Blood Pressure Hypertension
My Story - *Nancy Gelsinger*
- 5:10 – 5:30 *Lori Cyzewski*, Paramedic, Clay County Hospital
CPR demonstration (new method and AED)
My Story – *Jim Allison*
- 6:00 – 6:20 *Dr. Brian Jones* Cardiologist
- 6:30 Door prizes (need to be present to win)
- 6:30 Drawing for afghan (need not be present to win)

My Stories are accounts from actual heart attack survivors. It's an opportunity for each of them to share so that we can all learn their experiences. Typically, it might include based information such as an approximate date, anything major that might have triggered it, any advanced warnings that they ignored, what happened, what it felt like, what was done, how you are doing now, if you've made any changes in your life since the event – if so what, answer questions, etc.

Sponsored by the Clay County Heart Support Group which meets in the Clay County Hospital Conference room at 7:00 p.m. on the second Thursday of each month.