

BUILDING HEALTHY COMMUNITIES



BETH HARTKE FROM
THE AMERICAN HEART
ASSOCIATION

WE OFFER MANY EDUCATIONAL PROGRAMS ON HEALTHY LIVING. THESE PROGRAMS TEACH PRACTICAL SKILLS ON EATING RIGHT, GETTING THE EXERCISE THAT'S RIGHT FOR YOU, AND OTHER WAYS TO TAKE CARE OF YOURSELF AND THOSE YOU LOVE.



DIANE TERRY,
DIABETES EDUCATOR,
TALKS ABOUT THE LINK
BETWEEN DIABETES
AND HEART DISEASE

HEALTHY HEARTS

EVERY MONTH, A GUEST SPEAKER PRESENTS INFORMATION ON HEART HEALTH, WHILE THE AUDIENCE OF AROUND 100 ENJOYS A HEART-HEALTHY LUNCH. HEALTHY HEARTS IS A FREE PROGRAM OFFERED IN BOTH MT. VERNON AND CENTRALIA.

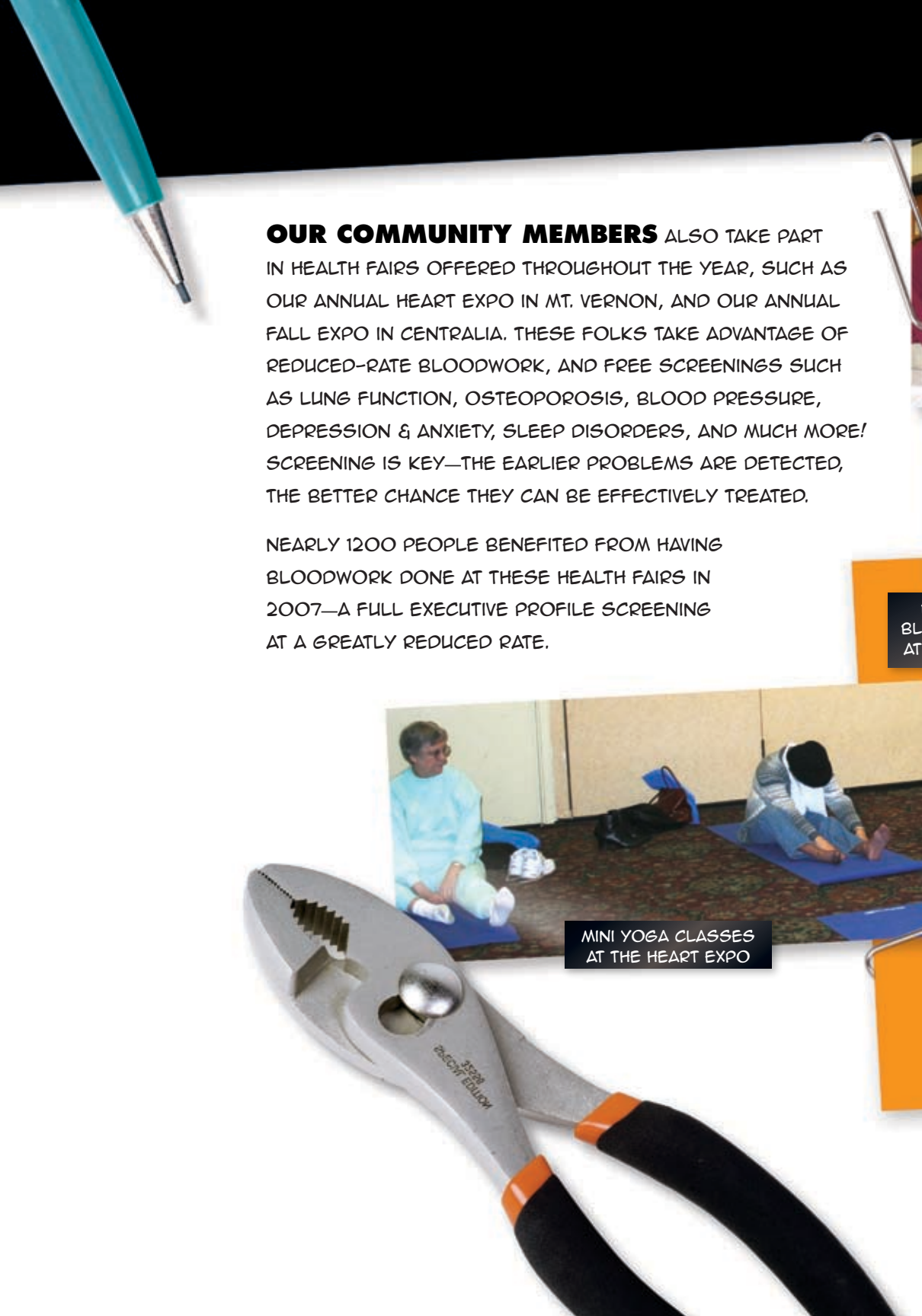


DR. CODD GIVES
INFORMATION ON
VASCULAR DISEASE



DINING WITH DIABETES

IN COOPERATION WITH THE UNIVERSITY OF ILLINOIS EXTENSION, WE OFFERED "DINING WITH DIABETES," A COOKING SCHOOL FOR PEOPLE WITH DIABETES AND THEIR FAMILIES.



OUR COMMUNITY MEMBERS ALSO TAKE PART IN HEALTH FAIRS OFFERED THROUGHOUT THE YEAR, SUCH AS OUR ANNUAL HEART EXPO IN MT. VERNON, AND OUR ANNUAL FALL EXPO IN CENTRALIA. THESE FOLKS TAKE ADVANTAGE OF REDUCED-RATE BLOODWORK, AND FREE SCREENINGS SUCH AS LUNG FUNCTION, OSTEOPOROSIS, BLOOD PRESSURE, DEPRESSION & ANXIETY, SLEEP DISORDERS, AND MUCH MORE! SCREENING IS KEY—THE EARLIER PROBLEMS ARE DETECTED, THE BETTER CHANCE THEY CAN BE EFFECTIVELY TREATED.

NEARLY 1200 PEOPLE BENEFITED FROM HAVING BLOODWORK DONE AT THESE HEALTH FAIRS IN 2007—A FULL EXECUTIVE PROFILE SCREENING AT A GREATLY REDUCED RATE.



DR. ANG AND STAFF
AT THE FALL EXPO



READY TO TAKE
BLOOD PRESSURES
AT THE HEART EXPO



MINI YOGA CLASSES
AT THE HEART EXPO



OSTEOPOROSIS
SCREENINGS AT
THE FALL EXPO