

N e w s R e l e a s e

<http://www.pennstatehershey.org/>

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Note to editors: From diagnosis of heart disease and risk factors to congenital heart disorders and transplant surgery, we have experts who can provide context for your Heart Month-related stories. Give us a call to set up an interview with our experts or with patients who are willing to share their heart health stories.

PENN STATE HERSHEY HEART AND VASCULAR INSTITUTE OBSERVES NATIONAL HEART MONTH

Activities emphasizing heart health planned throughout February

HERSHEY, PA—[Penn State Milton S. Hershey Medical Center](#) will observe National Heart Month with several heart health activities.

A red Crescent: From February 2 through 9, the Crescent (the side of the Medical Center facing Route 322) will be bathed in red light each night in observance of Heart Month.

Free Screenings: Volunteers will provide free blood pressure screenings at Penn State Hershey Medical Center on Friday, February 3, in observance of “Go Red Day.” The screenings will take place from 9 a.m. to 2 p.m. in the North Lobby and Main Lobby.

Free Hands-Only™ CPR Training: At a free event on Saturday, February 4, experts from Penn State Hershey Heart and Vascular Institute will teach the life-saving skill of Hands-Only CPR. It will take place from 8 a.m. to 1 p.m. at the Giant Center in Hershey. The event is supported by Penn State Hershey Heart and Vascular Institute and Life Lion, Hershey Entertainment & Resorts Company, The Hershey Company, Hershey Trust Company, and The M.S. Hershey Foundation. (Watch this video for a demonstration of Hands-Only CPR: <http://goo.gl/O25Ig>)

Heart to Heart live call-in show: Experts from Penn State Hershey Heart and Vascular Institute will discuss topics related to the care and treatment of heart and vascular disease

on *Heart to Heart*, a live show at 7:30 p.m. on Thursday, February 9, on abc27 (WHTM-TV).

Free heart healthy food samples: From 11:30 a.m. to 1 p.m. on February 10 and February 24, Penn State Hershey Heart and Vascular Institute staff will serve heart-healthy food samples to employees and visitors in the Medical Center Rotunda.

Free event: *Getting to Know Your Arteries and Veins*: Amy Reed, M.D., of Penn State Hershey Heart and Vascular Institute will present this free community conversation. It will take place from 6:30 p.m. to 7:30 p.m. on Thursday, February 23, at Penn State Hershey Medical Group – Camp Hill. To register, call 1-800-243-1455 or visit PennStateHershey.org/westshore.

Free event: *To Your Health*: This event will feature a range of activities centered on heart and vascular health. They include blood pressure screenings, information on current clinical trials, a heart-healthy cooking demonstration with free samples, and a conversation about treatment options for varicose veins led by Amy Reed, M.D. It will get underway at 6:15 p.m. on Tuesday, February 28 at the University Fitness and Conference Center on the campus of Penn State Hershey Medical Center.

Facebook and Twitter: Visit us on Facebook (www.facebook.com/PennStHershey) and on Twitter (www.twitter.com/PennStHershey) for heart-related trivia, contests, heart-healthy recipes and more throughout the month.

More information about Heart Month activities can be found on the Penn State Hershey Heart and Vascular Institute's home page at www.pennstatehershey.org/heartandvascular.

Founded in 1963 through a gift from The Milton S. Hershey Foundation, Penn State Milton S. Hershey Medical Center is one of the leading teaching and research hospitals in the country. The 491-bed Medical Center is a provider of high-level, patient-focused medical care. The Medical Center campus also includes Penn State College of Medicine (Penn State's medical school), Penn State Hershey Cancer Institute, and Penn State Hershey Children's Hospital—the region's only children's hospital. The Medical Center campus is part of Penn State Hershey Health System, which also includes the Pennsylvania Psychiatric Institute, Penn State Hershey Rehabilitation Hospital, and other specialty facilities.