



Community Feature Libraries

FOR IMMEDIATE RELEASE

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FEBRUARY BRINGS HEART HEALTH AWARENESS

In celebration of February's American Heart Month, Wake County is sponsoring two educational events to help residents learn heart healthy habits. The events are free, but registration is required.

Tuesday, February 12, 6:30 p.m. - 8:30 p.m. – Simple Cooking with Heart

Learn how to make small, but lasting improvements on overall health while discovering how to prepare simple, heart healthy meals at home. Sponsored by Wake County and American Heart Association (AHA), this event will be held at Zebulon First Baptist Church, 304 East Barbee Ave., Zebulon. To register, call 919-250-3990.

Saturday, February 23, 8:30 a.m. - 2 p.m. – Take it to Heart 2013: Woman's Health Day

Hear from the area's leading experts on heart disease, cancer, nutrition and fitness. Enjoy a heart-healthy cooking demonstration, Zumba and line dancing lessons, free risk assessment screenings and compression only CPR training. Sponsored by Wake County, AHA and Duke Raleigh Hospital, this event will be held at the Wake County Office Park Commons Building, 4011 Cary Dr., Raleigh. To register, call 1-888-ASK-DUKE.

For more information, visit

www.wakegov.com/humanservices/publichealth/information/promotion.

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