

Ambassador

NEWSLETTER

April, 2007

The Red Dress Campaign

Women & Heart Disease • Providence Heart Institute

Dates to
Remember...

April

13

Carolina Cuisine
Heart Healthy
Cooking Class

28

Sparkleberry Fair

May

5

Providence
Heart & Sole
Women's Five Miler

15

"Women and
Heart Disease"
Educational Program

22

"Women and
Heart Disease"
Educational Program



Jeanna Moffett

A letter from Jeanna

Spring has sprung! For proof, just check out the pollen on your car! Yes, the weather is warmer, and the urge to hit the streets is upon us. We have several activities coming up this spring that will get you out and about, and we want you to be part of all of them. So get outside, grill out, have fun and exercise!

Coming up in May is the sixth annual Providence Heart and Sole Women's Five Miler. This year we are hoping for the best turnout ever! The event is set for Saturday, May 5, at Finlay Park in Columbia. This all-women's event features a five-mile run, and a three- and five-mile walk. I hope to see you there and at several of the other activities we have planned in the next couple of months.

Coming up in May is the sixth annual Providence Heart and Sole Women's Five Miler.

Thank you for your hard work and dedication as Red Dress Ambassadors. You truly make a difference in your communities and in the fight against heart disease. Your willingness to help us spread the word is extremely important, and I hope we can count on your continued support at the Heart & Sole and throughout the year.

In good health,

Jeanna Moffett
Providence Heart Institute

It Takes Heart & Sole!



More than a thousand women of all ages are expected to pack the streets of downtown Columbia on Saturday, May 5, when Providence Heart Institute and WIS News 10 host the sixth annual Providence Heart & Sole Women's Five Miler. The state's only all-women's road race includes a five-mile run and a three- and five-mile walk.

The event will begin with an opening ceremony at 8 a.m. featuring Dawndy Mercer of WIS News 10. The five-mile race begins at 8:30 a.m., and the walk begins at 8:35 a.m.

If running or walking isn't your thing (or if you know a guy who wants to help out), we also need lots of volunteers! Volunteers are needed on race day from about 7:30 to 11:30 a.m. and will receive free T-shirts.



For more information about volunteering or participating in the event, please call (803) 256-5460 or visit the Web site at www.HeartAndSoleRun.com or www.HeartAndSoleWalk.com.

Course Map

KEY	
	= 5-Mile Course
	= 3-Mile Course
	= Water Stop
	= Mile Marker
	= Awards/Expo
	= Medical Tent



Spring Into Better Shape With Your Family!

You're probably thinking, "I can't get myself to the gym – how am I going to squeeze more exercise with my family into my day?" Here are some fun (and sometimes goofy!) hints on how to fit more activity into your life.

Go for pre- or post-dinner walks. Whether you stroll into town or just cruise the neighborhood, building a walk into your schedule will make exercise part of your day everyday.

Crank up the music and boogie down. Push the furniture aside, pop in a CD with dance tunes, and let the kids take turns using a flashlight as a strobe light.

Make a game out of household chores. A little imagination can go a long way when you see how long it takes Captain Sock Drawer to put away all of his socks!

Turn program breaks into fitness breaks. March in place. Time each other for quick exercises like squats, push-ups and sit-ups. Do them together 'til the show comes back on.

Put kids to work in the yard. Kids are great at digging up dirt, so let them! Plant new bulbs, flowers or even vegetables. And, as an added bonus, research shows that gardening is as good as weight training when it comes to preventing osteoporosis.

Walk or run for charity. Model the value of exercise - and of giving back to your community - by teaming up with your children for a race for a good cause. Might we suggest the Providence Heart & Sole Women's Five Miler?

Sources: *MSN.com, healthykids.com*



Special Events Just for You...

April 13

Providence Heart Institute is partnering with USC's McCutchen House to offer special *Carolina Cuisine Heart Healthy Cooking Classes*. A special dinner presentation will take place on Friday, April 13, at 6 p.m. For \$35, participants can enjoy a glass of wine and dine on heart-healthy foods while learning how to prepare them. For more information or to reserve one of the limited spaces for this program, call Becky Moody at (803) 777-8225.

May 15 and 22

Sadly, many women don't find out they have heart disease until they have a fatal heart attack. But now the American Heart Association has published updated 2007 guidelines that can help women assess their risk for heart disease. Come hear Laura Herbert of Providence Women's Heart Center present an important program on women and heart disease on Tuesday, May 15, at 7 p.m. at the Providence Health Education Center in Irmo and Tuesday, May 22, at 7 p.m. at the Providence Health Education Center on the downtown campus of the hospital. Limited seating is available for these free programs, so register today. Call 256-5965 or register online at www.SpeakingofYourHeart.com.

Moved? Change of address or e-mail?

We need updated information! Send your new information to indi.jones@providencehospitals.com!

Grilled Marinated Halibut

1/3 cup lemon juice
1 teaspoon lemon rind
2 teaspoons prepared horseradish
1 clove garlic, halved
1/2 teaspoon dried whole oregano
1/2 teaspoon dried whole basil
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 cup olive oil
8 (4 ounce) halibut steaks or other lean white fish

Combine first eight ingredients in electric blender or food processor. Process 20 seconds. With motor running, gradually add olive oil in a slow steady stream. Set aside. Arrange fish in 13 x 9 x 2 inch baking dish. Pour marinade over fish, turning to coat both sides. Cover and refrigerate for eight hours. Arrange fish in fish basket coated with vegetable spray. Grill with lid down on medium-hot coals seven to eight minutes on each side or until fish flakes easily when tested with a fork. Baste frequently with marinade. Yield: eight servings.



Nutritional analysis per serving:
Calories: 199, Fat: 10 g., Cholesterol:
8.5 mg., Sodium: 166 mg

Source: *Do Your Heart Good Cookbook* by Kay MacInnis, Providence Heart Institute

Psst! Pass this newsletter along to a friend! Spread the word!



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