

Save the date for The 2nd Annual Makeover My Heart

We are pleased to announce the date for The 2nd Annual Makeover My Heart, to be held on Saturday, February 6, 2010 at the Radisson Hotel and Conference Center, from 8am – 4pm.

Tickets will go on sale January 1, 2010 and will be available on our website at www.makeovermyheart.org. You may also purchase them in person at Slocum Dickson Medical Group beginning January 2, 2010, Monday through Friday, from 9am – 5pm at the Registration Desk, located in our lobby. A limited number of 400 tickets will be sold on a first come, first serve basis.

Makeover My Heart was founded in 2008 by Slocum Dickson Medical Group as a non-profit event to raise awareness about women and heart disease in Central NY. In addition, Makeover My Heart is supported by generous local sponsors including Excellus, NBT Bank, The Heart Center at Slocum Dickson, Mohawk Valley Heart Institute, Paragon Athletic Club and more.

Our inaugural program welcomed 360 women to this sold out event. Ladies enjoyed a full day of education, information, health assessment screening and even some pampering with complimentary spa services provided by area merchants. It was a wonderful day, and based on its overwhelming success, we have decided to make it an annual affair.

In an effort to support your ongoing interest in women's heart health, Makeover My Heart is announcing our new website –

www.makeovermyheart.org

This local community resource provides the latest in heart healthy information for women, as well as support and encouragement on the path to a healthier you.

Visit www.makeovermyheart.org, where you'll find a variety of heart healthy education and information, including health assessment tools. You can also participate in the Makeover My Heart Blog, where we cover topics related to women's heart health, including exercise, diet, motivational tools and tips. You will even see guest blogs from local cardiologists, dietitians and other health professionals. We have also included heart healthy recipes, and a special section called Share Your Story, which profiles local women, living with heart disease, in

their own words. I think you'll find their stories inspirational and motivational. You can sign also sign up for E-news, learn more about our 2nd Annual Makeover My Heart and view our tentative schedule of events.

We encourage you to visit www.makeovermyheart.org, sign up for E-news and participate on our blog with your questions or comments. Join us and get on the path to makeover your heart !!