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Memorial, FitClub to Sponsor Free Heart-Health Event

SPRINGFIELD – Memorial Heart and Vascular Services and FitClub will host a free event on Wednesday, June 16, to help people learn about making heart-healthy lifestyle choices.

The event will be held from 8-10 a.m. at FitClub South, 3631 South Sixth St., Springfield. It will include health screenings, refreshments, prizes and special recognition of Memorial's Phase III Cardiovascular Rehabilitation program, which has been housed at FitClub South for 10 years. Staff from Memorial and FitClub will discuss the roles that nutrition and exercise play in prevention and rehabilitation of cardiopulmonary illness.

Tasha Lancaster, exercise physiologist with Memorial Heart and Vascular Services, will lead a presentation at 9 a.m. on exercise and the heart.

"Heart disease is the leading cause of death for men and women, but people can reduce their risk of heart problems later in life by adopting a healthy lifestyle today," said Paula Harwood, a registered nurse and supervisor of prevention and cardiopulmonary rehabilitation at Memorial Medical Center.

"A commitment to exercise and good nutrition improves your chances of living a longer and healthier life," said Tricia Cross, fitness director at FitClub. "A heart-healthy lifestyle doesn't have to be complicated."

For more information, call Ron Lowder at (217) 787-8348, ext. 203.

Memorial Medical Center, 701 N. First St., is a nonprofit, community-based hospital in the Mid-Illinois Medical District at Springfield.

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