



## For Immediate Release

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### **Join Navicent Health to Learn if Your Heart is as Healthy as it Could Be** *Heart Fest 2019 Planned for February, American Heart Month*

**MACON, GA (Tuesday, January 29, 2019)** – According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States. The CDC estimates 610,000 people in the U.S. die of heart disease each year – approximately one in every four deaths. Heart disease affects both men and women, with no regard for race or ethnicity. Deaths related to heart disease are particularly high in Georgia and the Southeast.

While statistics on the deadliness of this disease are staggering, there are steps individuals may take to improve the health of their heart. Navicent Health is dedicated to battling heart disease by giving central Georgians the tools they need to live heart healthy lives. Celebrate Heart Fest 2019 with Navicent Health during February, American Heart Month. Make your plans to attend the following events:

- **Friday, February 1**
  - “Eat Your Heart Out” Heart Healthy Presentation and Cooking Demonstration
    - 12:00 p.m.
    - Wellness Center, Navicent Health (3797 Northside Dr. in Macon)
    - Free recipes, taste testing and door prizes
    - Please RSVP to [rsvp@navicenthealth.org](mailto:rsvp@navicenthealth.org) or 478-633-4733.
- **Saturday, February 2**
  - Save Your Heart Health Fair
    - 7:00 a.m. – 11:00 a.m.
    - Central Georgia Technical College Building H (3300 Macon Tech Drive, Macon)
    - Free screenings include full blood lipid screening, blood pressure, body mass index, glucose and more.
      - Attendees may register for these free screenings in advance at [www.navicenthealth.org](http://www.navicenthealth.org) or by calling 478-633-6336.
    - Angioscreen, a painless, non-invasive screening to determine the risk of heart disease and stroke, will be offered for \$50. Please call 1-800-627-2393 to reserve your place for this special screening. *(This screening is offered at no charge for U.S. military veterans)*
- **Thursday, February 7**
  - “Structural Cardiology – New Approaches to Valvular Heart Disease” Seminar
    - 6:00 p.m.
    - Carlyle Place, Navicent Health (5300 Zebulon Road, Macon)
    - This educational seminar will feature Brandon Elmore, M.D.

- Dinner provided.
  - Please RSVP to 478-633-7157.
- **Monday, February 11**
  - Vascular Seminar
    - 6:00 p.m.
    - Navicent Health Baldwin (821 North Cobb Street, Milledgeville)
    - This educational seminar will feature vascular surgeon John Mix, M.D.
    - Please RSVP to 478-633-7157.
- **Thursday, February 14**
  - Heart Healthy Luncheon
    - 12:00 p.m.
    - Fort Valley State University Agricultural Technology Conference Center (46 Camp John Hope Road, Fort Valley)
    - This educational luncheon will feature the following presentations:
      - “Healthy Eating for a Healthy Heart”
      - “Setting Exercise Goals for a Healthy Heart”
    - Please RSVP to 478-654-2002
- **Tuesday, February 19**
  - “Living with Heart Failure” Seminar
    - 6:00 p.m.
    - Wellness Center, Navicent Health (3797 Northside Drive, Macon)
    - This educational seminar will feature Erskine James, M.D.
    - Dinner provided.
    - Please RSVP to 478-633-7157.
- **Friday, February 22**
  - Heart Healthy Luncheon
    - 12:00 p.m.
    - Navicent Health Baldwin (821 North Cobb Street, Milledgeville)
    - This educational luncheon will feature William Knopf, MD, speaking on “Getting to the Heart of the Matter”
    - Please RSVP to 478-776-4641.
- **Tuesday, February 26**
  - Atrial Fibrillation (AFib) Seminar
    - 6:00 p.m.
    - Luce Heart Institute at The Medical Center, Navicent Health (755 Hemlock Street, Macon)
    - This educational seminar will feature a panel of physicians.
    - Dinner provided.
    - Please RSVP to 478-633-7157.
- **Angioscreen Opportunities**
  - Angioscreen, a painless, non-invasive screening to determine a person’s risk of heart disease and stroke, will be offered on the following dates:
    - Thursday, January 31
      - 9:00 a.m. – 5:00 p.m.
      - Vascular Institute, Navicent Health (320 Margie Drive, Warner Robins)

- Wednesday, February 6
  - 8:00 a.m. – 4:30 p.m.
  - Medical Center of Peach County, Navicent Health (1960 Hwy 247 Connector, Byron)
- Wednesday, February 13
  - 8:30 a.m. – 4:30 p.m.
  - Monroe Regional Medical Complex (120 North Lee Street, Suite C, Forsyth)
- Wednesday, February 20
  - 8:00 a.m. – 4:00 p.m.
  - Putnam General Hospital (101 Greensboro Road, Eatonton)
- Thursday, February 28
  - 11:30 a.m. – 5:00 p.m.
  - Wellness Center, Navicent Health (3797 Northside Drive, Macon)
- Thursday, March 14
  - 9:00 a.m. – 5:00 p.m.
  - Vascular Institute, Navicent Health (320 Margie Drive, Warner Robins)
- Please call 1-800-627-2393 to register. There is a \$50.00 registration fee. However, this screening is free for U.S. military veterans.

For more information on Heart Fest 2019, please visit [www.navicenthealth.org](http://www.navicenthealth.org), keyword “Heart Fest.”

#### **About Navicent Health**

Navicent Health, the leading provider of healthcare in central and south Georgia, is committed to its mission of elevating health and wellbeing through compassionate care. Licensed for 970 beds and offering care in 53 specialties at 30 facilities throughout the region, Navicent Health provides care for healthcare consumers’ through an academic medical center; community, pediatric and rehabilitation hospitals; urgent care centers; physician practices; diagnostic centers; home health; hospice and palliative care; and a life plan community. Navicent Health is dedicated enhancing health and wellness for individuals throughout the region through nationally-recognized quality care, community health initiatives and collaborative partnerships. For more information, please visit [www.navicenthealth.org](http://www.navicenthealth.org).

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