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FOR IMMEDIATE RELEASE

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COLISEUM MEDICAL CENTERS IS CELEBRATING HEART MONTH:

Learn about heart health at one of these upcoming events

(Macon, GA) – Coliseum Medical Centers encourages middle Georgians to learn more about their heart health during the month of February, which is officially recognized as Heart Month.

Dr. Norman Hetzler with Coliseum Heart, Lung, and Vascular said, “Heart Month is an opportunity to remind central Georgians to be heart healthy. It’s important that each person eat a healthy diet, exercise regularly, refrain from tobacco products, and know their family history. Combined, these things can greatly improve the health of your heart.”

Coliseum Medical Centers will host the following events in honor of Heart Month:

LIVING HEALTHY: Our Guide for a Heart Healthy Diet & Lifestyle

Wednesday, February 13 | 6:00 to 7:00 pm

Coliseum Medical Centers | Cafeteria

A healthy lifestyle and diet are important for your heart health and for your quality of life. By making changes in your lifestyle, including your eating habits, you may reduce your risk for heart disease. Join Coliseum Medical Centers as Dr. Jonathan Hoffman, a local cardiologist and electrophysiologist, explains why diet plays such an important role in your heart health. He and his wife, Dr. Jennifer Hoffman, will also share their tips on maintaining a healthy lifestyle along with Coliseum's nutritionists who will present some heart healthy recipes. Celebrate this Valentine's month with new ideas for a heart healthy lifestyle! All participants will receive a perfect portion dinner plate!

LIVE YOUR HEALTHY HEART SCREENING

Saturday, February 16 | 7:00 to 10:00 am (Drop in)

Coliseum Medical Centers | Building C; Suite 120

Knowledge is power when it comes to avoiding heart disease! Knowing your family health history, managing your risk factors, having regular checkups and working with your doctor to make heart-healthy decisions are all beneficial in maintaining a healthy heart and preventing heart disease. Join us for a FREE heart screening to include:

- Fasting lipid blood test (cholesterol, triglycerides, and glucose)

- Weight and body mass index
- Hip to waist ratio
- Blood pressure
- Clinicians available to answer questions and share information on nutrition, medication and exercise

Guests can register for either of these events by calling (478) 746-4646 or by visiting the “Classes and Events” section of our website, www.coliseumhealthsystem.com.

About Coliseum Medical Centers

Owned by HCA Healthcare (HCA), Coliseum Medical Centers is a 310 bed facility offering a 24-hour emergency room, diagnostic services, inpatient and outpatient surgery options, rehabilitation programs, and behavioral health. In addition, Coliseum Medical Centers’ services include specialty facilities such as the Coliseum Heart Institute, an advanced cardiac center offering all services from non-invasive cardiology to open heart surgery, Coliseum Rehabilitation Center, Coliseum Robotics Institute, Coliseum Cancer Institute, Coliseum Diabetes Management Center, and the Family Ties Birthing Center, which includes a level III neonatal nursery. The Coliseum Center for Behavioral Health provides treatment to adults with psychiatric and addiction issues. For more information about Coliseum Medical Centers’ services, visit www.coliseumhealthsystem.com.

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