

# **TAKING CHARGE OF YOUR HEALTH**

**Thursday, January 22<sup>nd</sup>**

**12:00 noon**

**Mount Nittany Medical Center  
Nancy and Galen Dreibelbis Auditorium  
Entrance D - Rear**

We are excited to partner with Mount Nittany Medical Center for this month's program, which empowers women with accurate information about the heart, risk factors and ways to live to their healthiest potential. Women are at special risk of heart disease, heart attack and ignoring the signs and symptoms of problems with the heart because of lifestyle and perceptions of health.

Panelists for the program will include Richard Konstance, MD, board certified interventional cardiologist; Nancy Mutch, Director, Critical Care Services and Administrative Director, Emergency Department; Scott Crisp, Administrative Director, Cardiac Catheterization Lab; Christine Tichansky, DO, emergency department physician; Gary Neidrick, director of the cardiopulmonary department, and April Randolph, Nutrition and Culinary Services.

In June 2007, Mount Nittany Medical Center enhanced the cardiac catheterization lab enabling physicians to perform life-saving percutaneous coronary interventions to unblock clogged arteries causing a heart attack. When minutes matter most, this procedure, a result of the affiliation with Penn State Heart and Vascular Institute, saves lives right here in Centre County. Preventing heart attacks and heart disease is a better method to living a longer, healthier life for women and men alike.

**The Café on the ground floor of the Medical Center will be open for attendees to purchase a heart healthy lunch prior to the program.** The menu sounds wonderful, and entrees are available for less than \$5.00. You may eat in the café ahead of time, or bring your lunch tray to the program. Lunch reservations are appreciated, and may be made at 234-6727.

Plan to join us for this informative program that will help you take charge of your health. We look forward to seeing you there.