

Health Experts, Fashion Designers and Businesses Unite to Promote Black Women's Heart Health

Heart and Style Conference, Fair and Red Dress Fashion Show, February 25-26

WASHINGTON, DC /Send2Press Newswire/ – Heart and Style: Sisters Living Long and Living Well, a one-day heart disease prevention conference and fair aims to combat high risk of heart disease among African American women with a healthy dose of education, fashion and style. Produced by Public Square Communications in partnership with the Office on Women's Health, US Department of Health and Human Services, Heart and Style is being held in observance of February's American Heart Month.



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HIGHLIGHTS and VISUALS:

** Red Dress Fashion Show featuring designs from DC and New York-based fashion designers*

** Workshops with media personalities and women's health experts including:*

Heart and Style Honorary Chairs: Blanche Williams, host of Greatness by Design on XM Satellite Radio and Angela Russell, WJLA/ABC 7 news; "Dr. Ro" Rovenia Brock, Ph.D, nutritionist and author; Dr. Andrea Pennington, author and president of the Pennington Institute for Health and Wellness; Wanda Bamberg Tia, Fitness Expert and producer of the WandaWoman Workout Series; Dr. Kim Singleton, author and psychologist; Angelique Shofar, Yoga Instructor and founder, The Spirit of Wellness; Dr. Wanda Minnis-Dyson, Change for Life Weight Loss; and Terri Carson, Wellness Coach, Warm Spirit, Inc.

** Heart Healthy Food Tasting by Whole Foods Market and Jasper's Restaurant*

** Free makeovers by Sephora*

** Free health screenings by Black Nurses Association*

** Presentation of Mayor's Proclamation by Dr. Gregg Pane, Director of DC Department of Health*

WHEN: Friday February 25, 2005, 9:00 a.m.-10:15 a.m.

Wear Red Kick-Off Breakfast and Fashion Show Preview

Saturday February 26, 2005 8:30 a.m.-4:00 p.m.

Heart and Style Conference and Fair featuring the Red Dress Fashion Show

WHERE: Sheraton Four Points Hotel

1201 K St NW, Washington, DC 20005

WHY: Heart disease disproportionately affects ethnic and racial minorities, with disparities in heart disease even more pronounced among African American women. Nationally, African American women are more likely to suffer from heart disease at an earlier age than white women and more likely to die of heart disease than other women. In the District of Columbia, heart disease is the leading cause of death for African American men and women.

More information: www.heartandstylewoman.com

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