

Christus Health holding health fair at Horseshoe next week

Written by Sean Green

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CHRISTUS Health Shreveport-Bossier is hosting a “Know Your Numbers” Health Fair prior to the American Heart Association’s Go Red for Women Luncheon being held on Tuesday, Feb. 5 at Harrah’s Horseshoe Casino & Hotel.

The “Know Your Numbers” Health Fair will open at 10:30 a.m. as part of the three options available to luncheon guests who choose to arrive early. They are invited to participate in one of two breakout sessions or receive a free health assessment by the professionals of CHRISTUS Health. Health fair stations will include:

- Height, Weight and BMI (provided by Freedom from Obesity Surgical Specialists)
- Waist Circumference (Women with a waist circumference greater than 35 inches have a greater risk of heart disease.)
- Cholesterol Check
- Blood Pressure Check
- Consultation with a Provider

“We look forward to contributing this new addition to the always successful Go Red for Women Luncheon,” said Kristen Gary, CHRISTUS Health Shreveport-Bossier Marketing Coordinator. “It’s going to be unlike any health fair we’ve ever hosted. The booths will be set up with beautiful red drapes for privacy. We hope that through our efforts we will encourage women to know their numbers and take time to evaluate their personal health.”

The “Know Your Numbers” health fair will be open to Go Red for Women luncheon attendees only. A limited number of seats are available. For more information and tickets, visit www.heart.org/nwlagored

In February 2011, CHRISTUS Health Shreveport-Bossier became the cause sponsor of the Go Red for Women movement in the region covered by the Greater Southeast Affiliate of the American Heart Association (AHA). Go Red for Women encourages awareness of the issue of heart disease as the number one killer of women.

“We are daughters, wives, mothers and sisters, which means we are very often taking care of others. The Go Red for Women movement helps us learn to take care of ourselves so that we

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may continue long, healthy lives in these roles,” said Dr. Dee Barfield, Chief Medical Officer with CHRISTUS Health Shreveport-Bossier and member of the Heart Association’s Circle of Red.

Go Red For Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life.