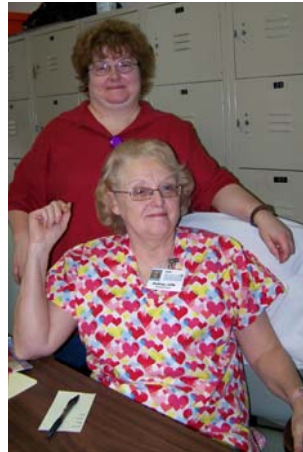


## IMH EMPLOYEES SHOW OFF “GO RED” SPIRIT WHILE HOSPITAL PREPARES FOR “GO RED FOR WOMEN” EVENT

**DATE:** FEBRUARY 17, 2010

### FOR IMMEDIATE RELEASE

*Watseka, Illinois*—The prevailing theme at Iroquois Memorial throughout February has been “Go Red for Women.” In observance of this being National Heart Month, wearing red helps bring attention to the prevalence of heart disease in women. Many employees continue to wear red as IMH prepares for this weekend’s Go Red for Women event that will be held on Saturday, February 20<sup>th</sup> at the Iroquois Regional Health Center, 200 N. Laird Land in Watseka.



Entitled TV, Chocolate & Your Heartitude, the event will feature a number of activities to get people moving and thinking about improving their heart health. According to Renee Sier, organizer of the event, “We have a fast paced morning planned with many activities for participants to try.”

The schedule of activities is as follows:

9-9:30 AM Gentle Yoga to Stretch, Strengthen & De-stress with Renee Sier, 200 hr. RYT.

*Top Left: Audrey Buess, LPN (front) and Carol Pelfrey, CNA of the Iroquois Resident Home show their Go Red pride. Top Right: Kathy Toelstede, RN (left) and Julie Puetz, Social Services take a moment to show off their Go Red spirit.*



*Showing their collective Go Red spirit are: Front (;t-rt) Erin Gwaltney, Karla Ehmen, Beverly Wilwhol, Michelle Kelnhofer, Alice Williamson and Stephanie Wilson. Back row (lt-rt): Nancy Patterson, Jessica Birch, Diane Brinkman, Lauren Bleyle, Marilyn Huffman, Lisa Bowers, Julie Giroux, Joan Wang, Dane Haigh, Brook Butler, Dawn Castongue, Holly Milar, and Amy Martell.*

9:30-10 AM “I want my FitTV”—Top Ten Reasons to Work Out in Front of the TV with *Ronda Buhrmester, Iroquois Home Care*

10-10:30 AM “From the Dance Floor to Your Living Room Floor”—Exercise for Life with *Pam Hibbert, Studio on Main*

10:30-11:00 AM 5K Run/Walk Training Tips—Train for Team Pink!

11-11:30 AM Ditch the Workout-Join the Party — Latin dance inspired Zumba with *Nick Wauthier, Dance & Fitness Instructor*

11:30-Noon Heartitude and Hot Flashes—Menopause and your Heart Health with *Marsha Hubert, RN, IMH Cardiac Rehab*

Throughout the event there will be a number of booths for participants to visit. They can take advantage of free and reduced fee health screenings available to learn their Heart Health numbers; try their hand at Wii Fit games; get

information on reducing stress from the Iroquois Mental Health Center; learn the basics of knitting with Denise Corke; and get helpful tips on how to shop for healthier foods in the grocery store from Ashley Thacker, BS, IMH Dietetic Department. Refreshments will also be available, including decadent dark chocolate fondue with fresh fruit.

Registration is not necessary and there is no fee to attend. For more information, contact Renee Sier at 815-432-7960 or [rmsier@iroquoismemorial.com](mailto:rmsier@iroquoismemorial.com). To download an event flyer, log onto [www.iroquoismemorial.com](http://www.iroquoismemorial.com).



*Above: In the spirit front row (lt-rt): Michelle Fox, Linda McTaggart, LouWonna Snodgrass, Ruth Johnson, Renee Sier, Shelly Schoolman and Jamie Neumann. Back row (lt-rt) Terri Fanning, Deb Allen, Gloria Grant, Peg Jaskula, Tim Smith, Katie Leadingham, and Lori Yelenik.*

*Bottom left: From the Laboratory are Erica Turner and Jacquie Scurlock. Bottom right: Front row (lt-rt) Lori Yates, Deb Bell, Diann Boyce and Val Seggebruch. Back row: Nick Kolutzew, Deb Sapp, Wil Chang, and Kathy Harden.*

