

Boosters, hospital sponsor heart check day

In recognition of National Heart Month and Valentine's Day, Mount Hood Medical Center and the Downtown Booster's Association are planning a "Check Your Heart" event.

The event will be Thursday and Friday from 10 a.m. to 2 p.m. The medical center will provide a heart check in the lobby of Pacific Western Bank, 234 W. Main Ave. The check will consist of a blood pressure screening and a written cardiac risk evaluation.

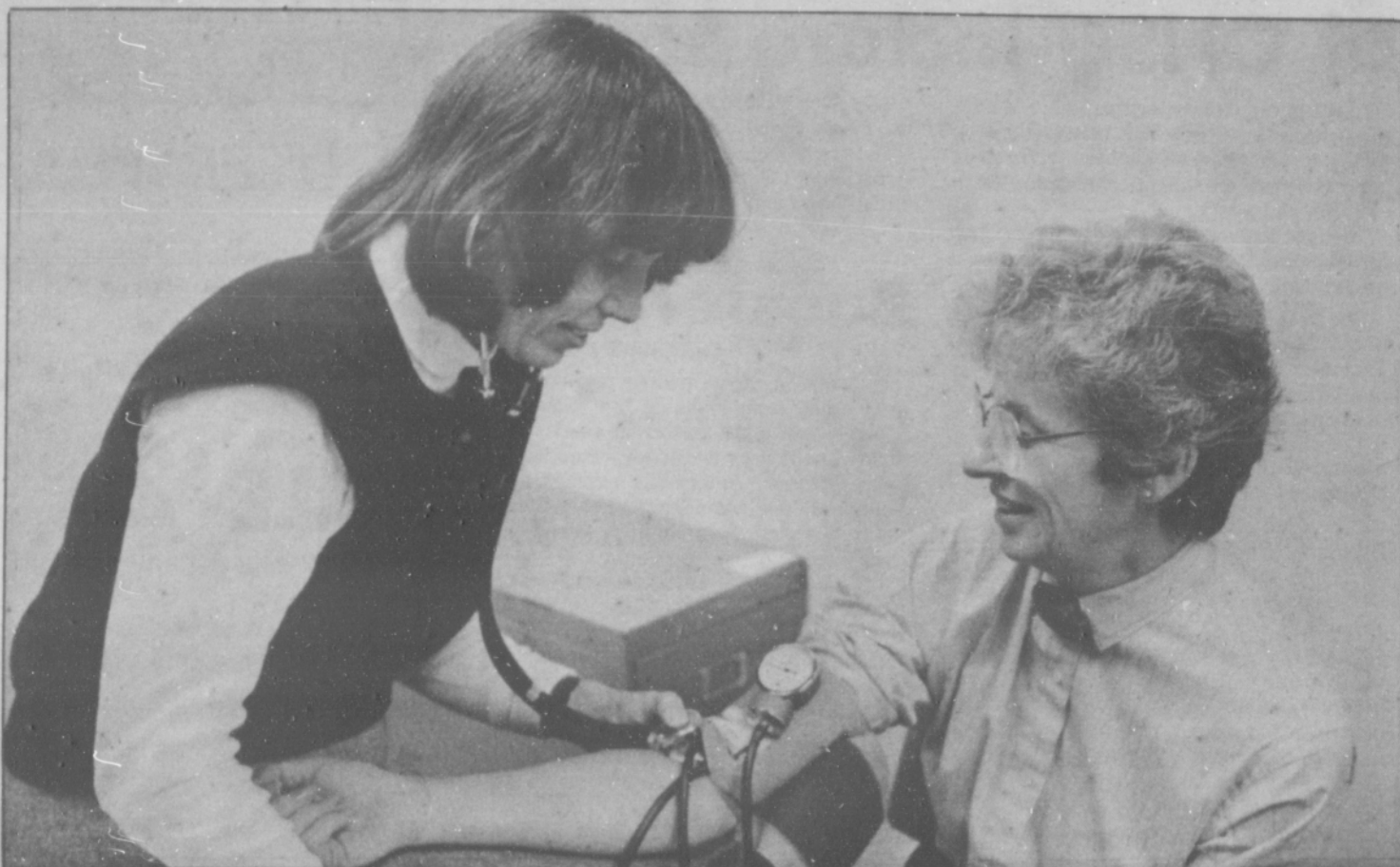
The medical center and the Cardio Pulmonary Research Institute (CAPRI) program also will present EKG demonstrations.

Downtown merchants will wear "Check Your Heart" buttons to remind customers of the event. Participants are encouraged to pick up a "heart tag" from any participating merchant prior to getting a free heart check.

"The event is an excellent opportunity for downtown shoppers to learn more about cardiac fitness," said Barbara Welsh, program coordinator. "Anyone who wants to can come in and get the free heart check. We encourage everybody to do it."

Welsh is a member of the Downtown Booster's Association who also works in the occupational health department at Mount Hood Medical Center.

June Ann Cole, occupational health coordinator at the medical center, said the blood pressure check can help to identify people who have hypertension or high blood pressure but are unaware of it.



Staff photo by Terry Farris

Barbara Welsh (right), coordinator of the Gresham Downtown Booster's Association and Mount Hood Medical Center's "Check Your Heart" event, administers blood

pressure check to June Ann Cole, occupational health coordinator at the medical center.

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