

FOR IMMEDIATE RELEASE:

January 24, 2012

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Denton Women Band Together to Fight Heart Disease

Nancy Lieberman to Speak at Denton Go Red for Women Luncheon at UNT

DENTON, Jan. 24, 2012 – Each year, **1 in 3 women die of heart disease** yet only 50 percent of women are aware of the signs of a heart attack. This is why the **Go Red for Women** campaign was created – to educate women about the risk factors of heart disease and to empower them to make healthy lifestyle choices. On Feb. 10, the **American Heart Association (AHA)** is hosting the annual **Go Red for Women** Luncheon at the University of North Texas.

This year will feature keynote speaker basketball Hall of Famer **Nancy Lieberman**, who is also a two-time Olympic medalist, former head coach and current assistant general manager of the Texas Legends (NBA D-League) located right here in North Texas. As the only woman to break through numerous barriers for women in professional basketball, Nancy will be empowering women by speaking about the importance of teamwork, of giving back to the community and, most importantly, of getting more businesses to support women's health initiatives.

More and more businesses, such as Texas Health Presbyterian Hospital, the Denton Record Chronicle, Denton Regional Medical Center and First State Bank are getting involved with AHA's health initiatives because of the positive impact the AHA has had on the lives of their friends, family and colleagues.

Another exciting component of the Denton **Go Red for Women** Luncheon is the annual fashion show. Student designers from the University of North Texas and Texas Woman's University Fashion Design Departments will present original fashions in RED! The luncheon will include an amazing fashion show featuring all things red as students model and show off some really unique and exciting creations.

Heart disease is still the **No. 1 killer of women**, killing 1 in 3 women over the age of 20. That's more than the **next four causes of death combined** – including ALL forms of cancer. That means that everyone in America knows someone who has been affected, or killed, by heart disease.

Ninety percent of women have one or more risk factors for developing heart disease which is why it is so important we spread the awareness on this national health threat. Women who **Go Red** are more likely to make



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healthy choices including: losing weight, increasing exercise, changing diets, checking cholesterol levels and talking with their doctors about heart health plans. **Go Red for Women** is asking everyone to Make It Your Mission to learn the facts about heart disease and inspire the women they love to do the same.

WHAT: Denton Go Red for Women Luncheon
WHEN: Friday, Feb. 10 at 11:00 a.m.
WHERE: Gateway Center, University of North Texas, 1611 West Mulberry Street,
WHO: Nancy Lieberman, keynote speaker, basketball Hall of Famer, Olympian and Asst. GM of Texas Legends (NBA D-League)
TICKETS: <http://heart.org/northtexasgoesred>
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About Go Red for Women

Go Red for Women is the American Heart Association's solution to save women's lives. With one out of three women still dying from heart disease, we are committed to fighting this No. 1 killer that is preventable. GoRedForWomen.org, a premier source of information and education, connects millions of women of all ages and gives them tangible resources to turn personal choices into life-saving actions. We encourage women and the men who love them to embrace the cause. For more information please visit www.goredforwomen.org or call 1-888-MY-HEART (1-888-694-3278). The movement is nationally sponsored by Macy's and Merck & Co., Inc.

About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – America's No. 1 and No. 3 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit www.heart.org.

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"Just a Little Heart Attack," a special short film directed by and starring Elizabeth Banks can be seen on [Facebook.com/GoRed](https://www.facebook.com/GoRed) or on YouTube at <http://www.youtube.com/watch?v=t7wmPWTnDbE>

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