



BOARD OF EDUCATION

Media Information

February 21, 2008

Healthy Hearts at Work in School District No. 23

Kelowna, BC: Normally a day for purely cerebral pursuits, the next Professional Development Day at School District No. 23 is a chance to get physical! Approximately 100 people will receive cardiac risk assessment from the Central Okanagan Association for Cardiac Health (COACH) at five “Healthy Hearts at SD23” sessions on Friday February 22 between 8am and 4:00pm.

Anne Pistawka, an Exercise Specialist, will be one of nine health professionals from COACH - Cardiovascular Risk Reduction Program. “Heart health is a concern for both men and women of every age group although the risk increases with age.” Testing stations set up at the Hollywood Road Education Services gymnasium will start by measuring cholesterol and blood pressure. “We risk-stratify them based on those two readings and their body mass index. Participants will have an opportunity to speak to a dietician and an exercise specialist. There will also be information available for people who are interested in quitting smoking. Everyone will receive a print-out of their personal statistics, which serves as good motivation for people trying to change their lifestyles.”

COACH is a non-profit society established to assist a variety of patients. Many clients are people who have recently been discharged from hospital and are referred by their doctors. “COACH provides supervised exercises for patients out of hospital who want to change their diet and exercise habits. Our goal is to help them get back to health and motivated patients sometimes end up feeling better than they did before they got sick!”

The District’s Learning Centre, in conjunction with the Health Promoting Schools Coordinator, Janelle Zebedee, organized this event for employees. For more information on cardiac health and the “hearts@work” community-based prevention program, click this link to view a video: <http://www.heartsatwork.ca/video.htm>

Healthy Hearts at SD23 takes place in Room 1 (gymnasium) at 1040 Hollywood Road, Kelowna. Sessions are 8am-9:30am, 9:30am-11am, 11am-12:30am, 1pm-2:30pm and 2:30pm-4pm.

For comments, please contact:

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