



For Immediate Release: 02.07.01

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Heart Healthy Programs Scheduled

Oak Park Department of Public Health and the Oak Park Hospital are joining forces to help residents keep their hearts healthy with a series of free seminars and special programming on VOP-TV6, the Village's government access cable television station.

The following seminars are scheduled:

- ?? **"Where Does Cholesterol Come From?"** to help you determine why your cholesterol numbers are higher than you would like them, what the numbers have to do with your heart, and how do you control cholesterol. Health Educator Lisa Pearce will lead the discussion scheduled for 7 - 8 p.m Wednesday, February 21, in Council Chambers of Village Hall, 123 Madison St.
- ?? **"Take Care of Your Heart"**, a presentation by Dr. Catherine Koop-DeSimone scheduled for 6 – 7 p.m., Tuesday, February 27, in the North Conference Room of Oak Park Hospital, 520 S. Maple

Cable television subscribers can tune into channel 6 for the following health programs:

- ?? **Cardiovascular Wellness - Heart Healthy Shopping, Heart Healthy Eating, and Do you have Heart Disease?**, Tuesdays, 7 and 10 p.m.
- ?? **Coronary Artery Disease**, a Time/Life Medical program with Dr. C. Everett Koop Thursdays, 7 and 10p.m.
- ?? **Alzheimer's disease**, the first in a series of programs on aging by the Illinois Department on Aging, Thursdays 7:30 and 10:30 p.m.

For more information on any of these programs, call 358.5488.

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