

## LEARN YOUR HEART AGE DURING AMERICAN HEART MONTH

February 8, 2021– February is American Heart Month and District Health Department #10 (DHD#10), Family Health Care of Cadillac and McBain, and My Community Dental Centers are encouraging residents of Missaukee and Wexford Counties to participate in the new Live Well for Your Heart Program.

Heart disease can be prevented, which is why focusing on improving heart health is so important. Making connections with other people and having close, positive relationships in life not only benefits overall health, but heart health too.

The Live Well for Your Heart Program is funded by the Michigan Health Endowment Fund and provides the opportunity for participants to connect with others to reduce their risk for heart disease and access health care services and programs to increase physical activity, achieve weight management, receive dental health care, prevent diabetes, and quit tobacco use.

“Live Well for Your Heart is a fun way to join with others who are making healthy lifestyle changes and can provide needed support,” said Donna Norkoli, Health Planner for DHD#10.

The first step to enroll in the program is to call DHD#10 to schedule a simple Heart Age Screening using the CDC Heart Age Calculator to determine risk of heart disease. To be eligible for this program individuals must:

- Be between the ages of 30 and 74 years old.
- Have no history of heart disease.
- Live in or receive health services in Missaukee or Wexford County.
- Agree to repeat the Heart Age Screening between February and April of 2022.

As part of this program, individuals will be able to participate in a variety of programs to reduce heart disease risks – all free of charge. Unsure of whether to participate in the program but would like local resources? Contact DHD#10 anyway!

For more information about the Live Well For Your Health Program, contact Donna Norkoli at [dnorkoli@dhd10.org](mailto:dnorkoli@dhd10.org) or 231-876-3841.

Visit <https://www.livewell4health.org/livewell-for-your-heart> to see what others in your community are doing for their heart health. District Health Department #10, Family Health Care, and My Community Dental Centers are working together on the Live Well for Your Heart Program to reduce heart disease in their communities and provide resources to help community members live healthier lives.

Live Well for Your Heart is supported by the Michigan Health Endowment Fund through funding awarded to District Health Department #10. The Health Fund works to improve the health and wellness of Michigan residents and reduce the cost of healthcare, with a special focus on children and seniors. You can find more information about the Health Fund at [mihealthfund.org](http://mihealthfund.org).

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