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St. Francis to Host Women's Heart-Health Luncheon

FEBRUARY 26TH 2015 BY DEE LOFLIN

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Cape Girardeau, Missouri - Heart disease can happen at any age, so what can be done to prevent and detect it? Women are invited to learn about the signs of heart disease and the steps for prevention at every stage of life during the eighth annual Heart to Heart Luncheon Wednesday, March 25, at Drury Lodge, 104 South Vantage Drive. The event will feature exhibits and screenings prior to the keynote presentation by Esther S.H. Kim, MD, MPH, women's heart health expert and physician at the Cleveland Clinic.

Heart disease is the leading cause of death for women in the United States, causing one in three deaths each year, according to the American Heart Association[®].

Ninety percent of women have one or more risk factors for developing heart disease. The Heart to Heart Luncheon, hosted by Saint Francis Medical Center and supported by committee members from the community, is an annual event committed to raising awareness of women's unique risk factors for heart disease and is a great forum for learning how to better care for your heart. The luncheon is just one of Saint Francis' efforts to increase awareness of heart disease prevention and treatment in Southeast Missouri.

Dr. Kim is a researcher and physician on staff at Cleveland Clinic, specializing in general cardiology, preventive cardiology, women's heart health, and vascular medicine. A graduate of Duke University School of Medicine, Dr. Kim also holds a master's in public health from the University of North Carolina and completed an Internal Medicine residency at Johns Hopkins before coming to Cleveland Clinic where she completed

fellowships in Cardiology and Vascular Medicine before joining the staff in 2008.

Tickets for the Heart to Heart Luncheon are \$25 in advance and \$30 at the door, and include the keynote presentation, cardiovascular health information, door prizes and a delicious heart-healthy meal. Sponsored tables are \$250 and include reserved seating for eight and recognition in the event program. Tickets can be purchased online at www.sfmc.net/hearttoheart or at the Fitness Plus Service Desk at 150 S. Mount Auburn Road, Entrance 8. Doors open at 10:30 am Wednesday, March 25, at Drury Lodge, with educational exhibits and free health screenings. The luncheon and keynote presentation begin at noon. For more information, please call 573-331-5327.

Saint Francis is a 284-bed facility serving more than 650,000 people throughout Missouri, Illinois, Kentucky, Tennessee, and Arkansas. Guided by our mission to provide a ministry of healing and wellness inspired by our Christian philosophy and values, we have become a progressive, innovative regional tertiary care referral center. Our major service lines, which have received national recognition, include the Neurosciences Institute; Orthopedic Institute; Family BirthPlace, featuring the region's first Level III Neonatal Intensive Care Unit; Heart Hospital; Emergency and Trauma Center with Convenient Care; Cancer Institute; and Fitness Plus. Saint Francis is proud to be ranked on *Modern Healthcare* magazine's prestigious Best Places to Work in Healthcare list for six consecutive years (2008-2013).

Shown in the Photo: Dr. Esther S.H. Kim, women's heart-health expert and Cleveland Clinic physician, is the keynote speaker for the 2015 Heart to Heart Luncheon held Wednesday, March 25, from 10:30 am to 1 pm at Drury Lodge in Cape Girardeau.

LAST UPDATED ON FEBRUARY 26TH 2015 BY DEE LOFLIN

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