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Celebrate Heart Health Month: Wear Red, Reduce Your Risk Factors and Learn Hands-Only CPR

BRUNSWICK, Georgia: January 22, 2024 – Heart disease remains the single largest health threat to Americans – accounting for more deaths than all forms of cancer combined for both men and women. When it comes to heart health, what you do today could save your life tomorrow, or even 20 years from now. In recognition of Heart Health Month this February, Southeast Georgia Health System has a variety of activities planned to help you understand your risk factors and learn healthy behaviors.

Wear Red Day, Friday, Feb. 2

Join Southeast Georgia Health System in the fight against heart disease by wearing red on National Wear Red Day - Friday, Feb. 2. Share your “Wear Red Day” photo on social media using the hash tag #SGHSGoesRed2024 and visit the Health System’s Facebook and Instagram pages for more Wear Red Day photos.

Lunch & Learns

If you have heart disease, you might think that your active days are over. But that's not true. In fact, exercise plays a major role in your heart disease treatment plan. Learn more about your risks for heart disease at one of our Lunch & Learns:

- **Friday, Feb. 2, 12-1 p.m.**
Southeast Georgia Health System Brunswick Campus
Linda S. Pinson Conference Center
2415 Parkwood Drive, Brunswick
- **Tuesday, Feb. 20, 12-1 p.m.**
Southeast Georgia Health System Camden Campus
Conference Center
2000 Dan Proctor Drive, St. Marys
- **Wednesday, Feb. 21, 12-1 p.m.**
Southeast Georgia Health System Brunswick Campus
Linda S. Pinson Conference Center
2415 Parkwood Drive, Brunswick

To register, call 855-ASK-SGHS (855-275-7447).

Hands-Only CPR

In addition to protecting your heart health, you have the power to protect others by learning Hands-Only CPR. Every second counts in cardiac arrest, a condition which can strike at any time. During

February, the Health System is offering free, 30-minute sessions of hands-only CPR on Tuesdays between 1–4 p.m. in the Cardiac Rehabilitation Education Room on the Brunswick Campus. For more information or to register for a 30-minute session, call 912-466-1100.

ABOUT SOUTHEAST GEORGIA HEALTH SYSTEM

Southeast Georgia Health System is a not-for-profit health system comprised of two acute care hospitals, two long term care facilities, two Cancer Care Centers and multiple specialty care centers, including orthopaedic and spine care, joint replacement, breast care, maternity, outpatient rehabilitation, sleep management and wound care. The Brunswick Campus Cancer Care Center is accredited by the American College of Surgeons Commission on Cancer and is one of the few centers in Georgia to offer CyberKnife® M6 with MLC.

Additionally, the Brunswick Campus is accredited by The Joint Commission as an Advanced Primary Stroke Center and the Camden Campus is accredited as an Acute Stroke Ready Hospital. The Southeast Georgia Physician Associates medical group includes more than 160 providers working in 20 different medical specialties at more than 50 locations. The Health System is part of Coastal Community Health, a regional affiliation between Baptist Health and Southeast Georgia Health System, a highly integrated hospital network focused on significant initiatives designed to enhance the quality and value of care provided to our contiguous communities. For more information, visit sghs.org.

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