



### **Free Community Health Education Seminars**

Many community leaders from Tipton and Lauderdale Counties are joining forces to improve the health and education of their residents. Mr. Dwayne Cole, Mayor of Munford and Dr. Richard Gordon of The Stern Cardiovascular Center are working together on the free community health education seminars.

It is estimated that 300,000 people die each year in the United States from causes related to obesity, and an estimated 10 percent of all US medical expenses go toward obesity-related conditions. Studies from the Centers for Disease Control show that Tennessee, Mississippi and Alabama lead the country in obesity and other related health issues such as type II diabetes, stroke and heart disease. In addition, statistics show that residents of Tipton and Lauderdale counties spend more, per person, on prescription drugs than many other counties nationwide. This not only creates a big burden on the local economy but on each family's budget, with some families spending hundreds of dollars per month on medical necessities.

“Munford has many initiatives to encourage healthy living through activity. What this series does is first to educate us and secondly to prepare us to take the necessary steps to a healthier lifestyle,” said Mayor Cole. “We are deeply grateful to Dr. Gordon and the presenters for bringing this information to the community.”

The “Celebrate Munford 5K Run”, is held annually in the month of August and is a sanctioned Memphis Runners Club event. There are also several marked walking trails in the city. In addition, Munford Parks and Recreation has held several health fairs in the past and they are currently working on a “Get Fit Munford” program starting in April. For more details on this event, contact Ashley Baum, MPR program coordinator.

Cardiologist, Dr Richard Gordon will be inviting local physicians to speak on a variety of different topics including, diabetes, weight management and heart disease. The seminars will take place on Monday nights, from 7:00 pm to 8:30 pm at Munford's city boardroom, 69 College Street, Munford TN 38058.

“Our goal is to focus on education and prevention of diseases. By taking a proactive role in maintaining a healthy body, people can greatly decrease their chances of developing many illnesses. This can save thousands of dollars in health related expenses, not only for individual families but for the entire community,” stated Dr. Gordon.

## **Dates and Topics:**

March 1, 2010 Dr. Richard Gordon: **Heart Disease and it's Risk Factors**

March 8, 2010 Dr. Jeffrey May: **Health and Fitness**

March 15, 2010 Dr. James Klemis: **Understanding Peripheral Vascular Disease**

March 29, 2010 Dr. Regina Lindsey: **Diabetes: Management and Prevention**

April 12, 2010 Dr. Jerry Floyd: **Obesity: Treatment and Management**

April 19, 2010 Dr. Jason Infeld: **Management of High Cholesterol**

May 3, 2010 Dr. Earl Weeks: **Cancer: Prevention and Screening**

May 10, 2010 Dr. George Chambers: **High Blood Pressure**

May 17, 2010 Stephony Robinson, FNP: **Cervical Cancer Prevention**

The seminars will take place on Monday nights, from 7:00 pm to 8:30 pm at Munford's city boardroom, 69 College Street, Munford TN 38058. Naifeh's Grocery Stores and The Stern Cardiovascular Center will furnish snacks and drinks at the seminars.

For questions regarding this event, please contact event coordinator: Angela Gordon, 901-831-7910.