

Foundation News...



IOWA HEART
Foundation



“Healthy Kids” Program Grant

Healthy Kids is a program offered by the YMCA of Greater Des Moines thanks to a grant by the Iowa Heart Foundation and CarMax Foundation. The program’s aim is to make families healthier by teaching children how to achieve a healthier weight. The 12-week Healthy Kids session provides a foundation for lifetime, healthy living weight management. Participants learn how to increase daily physical activity, while meal plans with kid-tested recipes are provided. The program addresses diabetes, high blood pressure, high cholesterol, early puberty, psychological programs and other risks associated with obesity. Parents/guardians attend and participate with their child as part of the program set-up. Sessions start on a monthly basis.

Contact Wes Franklin at Wesley.Franklin@dmymca.org or phone the YMCA at 515-645-3340 for additional program information or to enroll.



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Special points of interest:

- “Healthy Kids” Program
- 6th Annual Run For Your Life event

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**SAVE THE
DATE!**

**Annual Nursing/
Medical Assistant
Conference**

**Saturday, October 12,
2013**



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6th Annual Run For Your Life Event—August 24, 2013

The sixth annual “Run For Your Life” fundraising event will be held on Saturday, August 24, 2013 at Des Moines Water Works Park. Runners and walkers may participate in a 10K, 5K, or 2 mile run/walk. Award medals will be presented to the top 3 finishers in the following age and gender groups in the 10K and 5K run/walks: 14 and under (5K only), 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+. T-shirts will be provided to those who pre-register by August 15, 2013. Pre-registration fee is \$30 (\$20 Youth 14 & under). On-site registration \$35 (\$20 Youth 14 & under).

Proceeds generated from this event will be donated to the Iowa Heart Foundation to support the placement of AEDs in Iowa organizations that show a need. Since 2008 AEDs have been placed in the following Iowa organizations:

- Salvation Army
- Albia Community Schools
- North Side Senior Center
- Camp Collins Boy Scouts
- St. Thomas Moore Church
- Prairie City Fire Department
- Adel Public Library
- Des Moines Water Works Park
- Windsor Heights Lutheran Church
- Saints John and Paul Catholic Church
- Christ the King Catholic Church
- Lucas County Health Center
- Hope United Methodist Church
- Vrendenburg-Chariton Aquatic Center
- Kids Life Discovery Center
- Boys & Girls Club of Story County
- ChildServe
- Springbrook Conservation Education Center
- Des Moines Metro Ice Arena/Des Moines Figure Skating Club
- Johnston Soccer Club



Run For Your Life Participants—Come Join the Fun in 2013!

Event details and the event brochure may be found on the Iowa Heart Foundation website at www.iowaheartfoundation.org. If you would like to volunteer, please contact Cindy Conroy, Iowa Heart Foundation Program Coordinator at (515) 633-3555.

If you are interested in requesting placement of an AED in your community, please contact the Iowa Heart Foundation at (515) 633-3555.





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Schedule of Events

- July 10, 2013 - Pharmaceutical Forum 11:30am-1:00 pm, West U
- August 6, 2013--Nursing Scholarship Tea, 4:00-5:00 pm, West U
- August 24, 2013-6th Annual Run For Your Life run/walk event, Des Moines Water Works Park, 8:00 am
- September 25, 2013-Pharmaceutical Forum, 11:30am-1:00pm, Laurel
- October 1, 2013-Board of Directors Meeting, 7:00-8:00am, West U
- October 9, 2013-Pharmaceutical Forum, 11:30am-1:00pm, West U
- October 12, 2013-5th Annual Nursing/Medical Assistant Conference, 8:00am-12:15pm, West U Auditorium

The Iowa Heart Foundation is a non-profit 501(c)(3) organization dedicated to promoting cardiovascular health through serving Iowans and their community.

Iowa Heart Foundation Board of Directors

Julie Younger, President
T.M. Brown, M.D., Chairman
Jose Borromeo, M.D., Vice Chairman
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David Gordon, M.D.
L. A. Iannone, M.D.
Denise Sorrentino, M.D.
W. Ben Johnson, M.D.
Kathy Goetz, RN
Cindy Conroy, MA, RD, LD, CLS, FNLA
Program Coordinator

Iowa Heart Foundation Memorials or Donations

If you wish to memorialize a loved one or if you have the financial means to assist those who cannot afford cardiac care or medications, we would gratefully welcome your donation.

Please mail your donation to the Iowa Heart Foundation located at 5880 University Avenue, Suite 101, West Des Moines, IA 50266. You may also download a donation form on our website at www.iowaheartfoundation.org

Your memorial or donation is 100% tax deductible. An acknowledgment letter will be mailed to confirm your tax-deductible gift. We wholeheartedly thank you for your generosity and kindness in helping us serve Iowans and their communities.



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Iowa Heart Foundation
5880 University Avenue, Ste. 101
West Des Moines, IA 50266
Phone: 515-633-3555
Fax: 515-246-4488
www.iowaheartfoundation.org

In Memory or Honoring



Our deepest sympathy is extended to family and friends who suffered a recent loss.

The Iowa Heart Foundation would like to extend our gratitude to the individuals who generously chose to memorialize their loved one, friend or family member or chose to honor a mentor or key person in their life.

In Memory

Robert Klein
Leo "Gene" Rauch



"Those we love truly never leave us, they live on in the love they brought into our lives."