



Immediate Release

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Christiana Care Health System Hosts February WomenHeart Support Group

(WILMINGTON, Del. – Jan. 18, 2016) Christiana Care Health System’s Center for Heart & Vascular Health is pleased to host the February support group meeting of WomenHeart: The National Coalition for Women with Heart Disease from 6 to 7:30 p.m. on Tuesday, February 2, 2016.

The WomenHeart support group is for women who have heart disease or who are at risk of developing heart disease. The meeting topic will be: The Healing Power of Journaling for the Body, Mind, and Spirit. The guest speaker will be Joan Leof, owner of Write to Heal. The meeting will be held at the John H. Ammon Medical Education Center, room 14, on the Christiana Hospital Campus, 4755 Ogletown-Stanton Road, Newark. Registration is requested. To register call 800-693-CARE (2273).

WomenHeart is the only national organization dedicated to advancing women’s heart health through advocacy, community education and patient support. Join WomenHeart for free email newsletters and updates at www.womenheart.org.

About Christiana Care Health System

Christiana Care Health System is one of the country’s largest health care systems, ranking as the 22nd leading hospital in the nation and 12th on the East Coast in terms of admissions. The health system includes The Medical Group of Christiana Care, a network of primary care physicians, medical and surgical specialists as well as home health care, preventive medicine, rehabilitation services and patient/family advisors for core health care services. A not-for-profit teaching hospital affiliated with Sidney Kimmel Medical College at Thomas Jefferson University, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services. Christiana Care has an extensive range of outpatient services, and through Christiana Care Quality Partners, Christiana Care works closely with its medical staff to achieve better health, better access to care and lower cost.

Christiana Care is home to Delaware's only Level I trauma center, the highest capability center and the only one of its kind between Philadelphia and Baltimore. Christiana Care features a Level III neonatal intensive care unit, the only delivering hospital in Delaware that offers this highest level of care to the most critically ill newborns. Christiana Care includes two hospitals with 1,100 patient beds. For more information about Christiana Care, visit www.christianacare.org/whoweare.

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