



FOR IMMEDIATE RELEASE
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Contact: Robin Carlascio
219.263.4656

“Take a Load Off Your Health – Successful Strategies for Managing Everyday Stress”

Join best-selling author and national healthy lifestyle expert Joe Piscatella when he visits Porter County February 21 to talk about living a better, healthier life. This program is being sponsored by Porter’s Cardiac & Vascular Institute.

During his informational talk, “Taking a Load Off Your Health – Successful Strategies for Managing Everyday Stress,” Piscatella will delve into the role stress and diet play in healthy living.

Steve Fish, executive director of Porter’s Cardiac & Vascular Institute, says Piscatella speaks about overcoming heart disease from someone who has been there – and done it.

A frequent guest on The Today Show, CNN, Good Morning America and Fox News, Piscatella began his quest for optimal health when he was 32 and underwent coronary bypass surgery. At the time, the prognosis of his doctors was that he would have a dramatically shortened lifespan. Thirty years later, Piscatella has been successful in developing strategies he has used to reverse his own heart disease.

It’s a success story he is more than happy to share.

The only non-medical member of the National Institutes of Health Expert Panel on Cardiac Rehabilitation, Piscatella is the founder and president of the Institute for Fitness & Health, an organization that consults on work site and community health programs.

Make your reservation today for this informative and educational session.

Program Information

“Taking a Load Off Your Health – Successful Strategies for Managing Everyday Stress”.

Thursday, February 21
Waterbird Lakeside Inn & Spa

**558 Indian Boundary Road
Chesterton**

Mini-health fair and free screenings begin at 5 pm.

The program begins at 6:30 pm.

**Cost: \$10. Make checks payable to Porter Healthy Woman, c/o Karen
Martine, 814 LaPorte Avenue, Valparaiso, Indiana 46383.**

For more information, call Healthy Woman Advisor Karen Martine at 263.4437.