American Heart Association to host free Senior Wellness Fair for Asian Pacific community, April 30

SEATTLE – The Puget Sound Division of the American Heart Association (AHA) will host its inaugural Senior Wellness Fair at Seattle’s International District on Wednesday, April 30, 2014. The event will be held in partnership with the National Asian Pacific Center for Aging (NAPCA) and other local organizations, and is sponsored by Union Bank.

The Senior Wellness Fair will feature culturally and linguistically competent health education, with presentations by medical experts and health screenings provided. Jae Hong, MD, interventional cardiologist at UW Northwest Hospital and Nancy Lee, PharmD, BCPS, clinical pharmacist at Adult Internal Medicine Clinic, will speak about healthy living and herbal medicines. Participants will receive complimentary blood pressure, BMI (body mass index), cholesterol and glucose screenings.

The Senior Wellness Fair will take place from 10:00 a.m. to 1:00 p.m. at the International District/Chinatown Community Center, 719 8th Ave. S., Seattle. The event is free and open to the public, and a light heart-healthy lunch will be provided. Chinese, Korean and Vietnamese translators will be available to participants who need assistance.

Heart disease, stroke and other cardiovascular diseases are major causes of death among Asians, yet the level of awareness remains low in this community. The event aims to close the gap and empower Asian American senior citizens with the tools to live stronger heart-healthy lives, as well as encourage them to know important health numbers and keep them in check.

The Senior Wellness Fair is part of the AHA’s Health Equity program to promote healthy behaviors and reduce health disparity among all Americans. The AHA’s goal is to improve the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular diseases and stroke by 20 percent by the year 2020. For more information, please contact Wendy Zheng, AHA, (206) 834-8654 or Nelson Tang, NAPCA, (206) 322-5272.

###
About the American Heart Association
The American Heart Association is devoted to saving people from heart disease and stroke – America’s No. 1 and No. 4 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit heart.org.

About the American Heart Association’s Health Equity Programs
The American Heart Association’s Health Equity programs ensure that we are reaching all Americans to help identify and overcome barriers to reaching ideal cardiovascular health. Outreach to diverse communities is critical to these efforts. Heart disease and stroke are the leading causes of death and disability in the United States. The highest mortality rates for these diseases are found in diverse populations. The goal of our Healthy Equity programs is reduce health disparities in diverse communities by providing valuable resources and life-saving education. To learn more about the American Heart Association and Health Equity programs, call (949) 856-3555 or visit heart.org.