



## NEWS RELEASE

Contact: Megan Donovan  
Pager: 314-823-1874

### *FOR IMMEDIATE RELEASE*

#### **HUNDREDS OF ST. LOUIS WOMEN DANCE THEIR WAY TO BETTER HEALTH AT THE ST. LUKE'S HOSPITAL "DAY OF DANCE"**

*Dance demonstrations and health screenings provide easy "steps" to take action for better health.*

**CHESTERFIELD, MO, February 26, 2010** – When hundreds of St. Louis women gather for the second annual St. Luke's Hospital Day of Dance, they will learn moves from many types of dance including Zumba, belly dance, line dance, cardio hip hop and even a synchronized "mob dance." More importantly, they will be taking steps toward a heart-healthy lifestyle.

St. Luke's Day of Dance is Saturday, February 27 at the Hilton St. Louis Frontenac (1335 South Lindbergh Blvd.) from 9 a.m. to 12:30 p.m. (Registration and screenings begin at 8:30 a.m.)

It is a free, interactive event aimed at inspiring women to take action for their health and the health of their families. Participants learn fun, easy dance steps from instructors coordinated by Dance St. Louis to dance their way toward better health. In addition, St. Luke's physicians and health educators provide information on heart disease and other topics for women and their families. They also provide free health screenings, such as bone density, body mass index, pulmonary function and blood pressure screenings.

"We offer St. Luke's Day of Dance to the community to inspire a lifetime of exercise and other healthy habits," said Jan Hess, St. Luke's Hospital vice president. "Women make most of the healthcare decisions, so we know if women make healthy lifestyle choices, the rest of the family will follow."

St. Luke's Hospital is the exclusive Spirit of Women® Hospital in the region. The Spirit of Women Hospital Network is a partnership of hospitals across the United States that ascribes to the highest standards of excellence in women's health, education and community outreach. St. Luke's Hospital joins more than 70 other Spirit of Women Hospitals across the country hosting similar events on the same day.

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**About St. Luke's Hospital:**

St. Luke's Hospital, located in Chesterfield, Missouri, is a regional healthcare provider committed to improving the quality of life for patients and the community. The 493-bed, not-for-profit hospital offers more than 60 specialty areas including cardiovascular care and surgery, cancer care, neurosurgery and neurology, orthopedics, maternity and other women's health, general medicine, outpatient services, pediatrics and comprehensive surgical services.

St. Luke's was the only Missouri hospital recognized in 2007, 2008, 2009 and 2010 as one of America's 50 Best Hospitals by HealthGrades, ranking among the top one percent in the nation based on superior clinical quality. St. Luke's is also the only Missouri hospital to receive the HealthGrades 2009/2010 Women's Health Excellence Award for providing quality healthcare to women. For more information about St. Luke's Hospital, please visit [www.stlukes-stl.com/newsroom](http://www.stlukes-stl.com/newsroom).

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