



NEWS RELEASE

Megan Donovan
Phone: 314-576-2373
Pager: 314-823-1874
megan.donovan@stlukes-stl.com

FOR IMMEDIATE RELEASE

ST. LUKE'S HOSPITAL OFFERS FREE SUPPORT GROUP FOR WOMEN WITH HEART DISEASE

The first meeting on December 7 will focus on how to de-stress for the holidays.

Chesterfield, Mo., November 29, 2011 – Just in time for the busy holiday season, St. Luke's Hospital now offers a free [WomenHeart](#) support group for women with heart disease. The first meeting will focus on de-stressing for the holidays.

Mary Pfenning, RN, MSN, [St. Luke's Spirit of Women](#) coordinator, and Kathy Flaspohler, a St. Luke's heart patient, will lead the support group meetings and help those who attend receive information and support to live a healthy lifestyle. Both women are graduates of the national WomenHeart Science & Leadership Symposium at Mayo Clinic.

“We understand the fear and isolation that often come with a diagnosis of heart disease,” said Pfenning. “The WomenHeart support group provides an outlet where women can share their unique experiences with others, which can help them regain a sense of control, feel less alone, develop a positive outlook on life and find the strength to commit to lifestyle changes.”

The first meeting is **Wednesday, December 7 from 6:30 to 8 p.m. in St. Luke's Desloge Outpatient Center**. To register or learn more, visit [stlukes-stl.com](#) or call 314-542-4848.

WomenHeart: The National Coalition for Women with Heart Disease is the nation's only patient centered organization serving the 42 million American women living with or at risk for heart disease – the leading cause of death in women. WomenHeart is solely devoted to advancing women's heart health through advocacy, community education and the nation's only patient support network for women living with heart disease. WomenHeart is both a coalition and a community of thousands of members nationwide, including women heart patients and their families, physicians and health advocates, all committed to helping women live longer, healthier lives.

About St. Luke's Hospital

St. Luke's Hospital in Chesterfield, Mo. 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 care in more than 60 specialty areas and serves the region from more than 20 locations across the greater St. Louis area. St. Luke's is the only Missouri hospital recognized as one of America's 50 Best Hospitals™ by HealthGrades® (2007-2011). For more information, visit [stlukes-stl.com/newsroom](#).

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