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**FOR IMMEDIATE RELEASE**

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### **NMMC ANNOUNCES 'WOMEN IN RED' LUNCHEON**

TUPELO, Miss.—North Mississippi Medical Center and the Health Care Foundation of North Mississippi will sponsor a “Women in Red Luncheon” at noon Tuesday, Feb. 16, at First Baptist Church Fellowship Hall as part of the Woman’s Place Lunchtime Learning Series.

Cardiologist Barry Bertolet, M.D., of Cardiology Associates of North Mississippi will discuss “Top Ten Tips for a Healthy Heart.”

Participants are encouraged to wear red to raise awareness of heart disease among women. Heart disease is the No. 1 killer of American women, regardless of their race or ethnicity. Free blood pressure and stroke screening will be offered before the luncheon.

Lunch will be provided for \$5 for those who preregister by Wednesday, Feb. 10. To confirm your attendance or to learn more about upcoming lunchtime learning programs, call 1-800-THE DESK (1-800-843-3375).