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Quad City Health Initiative's Wellness Champions Team Celebrates National Cholesterol Education Month with Hy-Vee

The Wellness Champions team of the Quad City Health Initiative is celebrating National Cholesterol Education Month, September 2006, with eight community education events. Hy-Vee Food Stores, a Wellness Champions member, is offering local workshops about cholesterol removing foods. The workshops will feature Hy-Vee Registered Dietitians, Janet Macon, Allison Yoder, Julie McMillin, and Stacy Tremel, in enlightening presentations about the secrets to a successful cholesterol lowering diet. Participants will discover which five foods lower cholesterol, learn about the benefits of flax seed and soy, and find out what foods contain cholesterol-lowering plant sterols and a host of other heart healthy information.

Another Wellness Champions member, Trinity VNHA, will be onsite at each workshop in the QC area offering cholesterol testing for a \$5 fee (no fasting is required). Educational materials such as the Wellness Champions Healthy Dining Guide will also be available free to the public. No pre-registration is necessary for the workshops. "With new technology and research we really do have the ability to play a major role in managing our own health," says Debbie Geisler, Quad City Marketing Coordinator for Hy-Vee. "We want to help educate everyone in making those healthy choices."

The workshops will be held at Hy-Vee area stores according to the following schedule:

**Tuesday Sept 5, 6 pm - 4064 E 53rd St, Davenport - 676-1408**

**Wednesday Sept 6, 10 am - 2001 5th St, Silvis - 792-1507**

**Thursday Sept 7, 10 am - 4218 Ave of the Cities, Moline - 676-1408**

**Friday Sept 8, 10 am - 1823 E Kimberly Rd, Davenport - 676-1408**

**Tuesday Sept 12, 10 am & 6 pm - 201 W 10th Ave, Milan - 756-9907**

**Wednesday Sept 13, 10 am - 2200 W Kimberly Rd, Davenport - 391-1543**

**Thursday Sept 14, 10 am - 2351 W Locust St, Davenport - 324-9948**

**Saturday Sept 16, 10 am - 901 S 4th St, Clinton - 243-6162**

“The Wellness Champions seek to support Quad City residents in making healthy choices regarding diet and exercise,” says Jerry Jones, Wellness Champions Co-Chair. “We hope these workshops will answer questions and provide new avenues for individuals looking to improve their health.”

Sponsored by the National Heart, Lung, and Blood Institute, National Cholesterol Education Month September 2006 promotes awareness of the prevention and treatment of high cholesterol.

In QCHI's 2002 Community Health Assessment, obesity, high blood pressure and high cholesterol (all risk factors for cardiovascular disease) emerged as critical issues for the health of our region. Since December 2002, the Wellness Champions team has been working to reverse these trends by promoting daily exercise, nutrition and regular screenings for health risk factors.

The Quad City Health Initiative (QCHI) is a community partnership in active pursuit of a healthier community. The Initiative seeks to be a catalyst for improving the health and overall quality of life within the Quad City community. The Initiative raises awareness of health issues, encourages or creates projects to address gaps in health services and fosters community collaboration in all aspects of health. Major financial sponsors of the Initiative in 2006 are Trinity Regional Health System, Genesis Health System, and Modern Woodmen of America. Additional financial support is provided by Royal Neighbors of America. For more information or to join the efforts of the Quad City Health Initiative, please call 563-421-2815 or visit our website at [www.qchealthinitiative.org](http://www.qchealthinitiative.org).

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