



TheHeart2HeartFoundation.org



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FOR IMMEDIATE RELEASE

Wednesday, April 23, 2025

***Mother-Daughter Breakfast and Wellness Event
being held to celebrate National Women's Health Week!***

MOUNTAIN CITY, Tenn. - Mother's Day is always a special day on the calendar, but it also kicks off National Women's Health Week. This year, Ballard Health and The Heart2Heart Foundation are hosting a special Mother/Daughter Breakfast and Wellness Event to encourage women and girls to prioritize their health. The event will be held on Saturday, May 10, at the Mountain City/Johnson County Community Center from 8 a.m. until noon and is free to attend.

The morning will feature free health screenings, resources, and information sessions to reinforce our shared message that awareness, education, and early detection can save lives. Event partners will provide free materials that address physical, mental, social, and emotional health. Since chronic disease prevention begins in childhood, special materials and activities will also be available for the daughters in attendance.

"As a heart attack survivor, I have shared my story with women across the country to inspire them to take action," said Sheila Caldwell, president and founder of The Heart2Heart Foundation. "I founded The Heart2Heart Foundation in 2012 with a mission to help more women and men learn their risk for heart disease and how to win the fight against our number one killer. We are excited to partner with Ballard Health to bring our community outreach programs to Johnson County, especially Advanced Cardiovascular Prevention Screenings, which can help save lives!"

Recently, the Johnson County Community Hospital announced the addition of a new 32-slice computed tomography scanner, which will expand advanced cardiovascular screenings to residents. "This will provide greater access to the coronary artery calcium scan, a quick, non-invasive screening that can help detect heart disease at its earliest stages," said Chastity Trivette, administrator of Johnson County Community Hospital. Ballard Health and The Heart2Heart Foundation will collaborate to educate the community about this life-saving screening. Thanks to a generous donor, a benevolence fund has been established to cover the costs of biometric lab screenings, coronary calcium scans, and assistance with prescription costs to qualified adults.

Our mission is to inspire and enable women and their loved ones to take action that prevents heart attack, stroke, and premature death.

The inaugural kick-off event for National Women's Health Week includes:

Know Your Numbers!

Free heart health screenings for women over the age of 18. The biometric labs and mammogram screenings will be available through Ballad Health from 8 -10 a.m. Please note that fasting is required for biometric labs.

Steps to Better Health

Visit our community partners for free information and resources for you and your family.

- Appalachian Highland Peer Network
- Ballad Health
- Ballad Mobile Mammogram Unit
- Ballad Strong Starts
- Johnson County Cancer Support Group
- Johnson County Health Department
- Kelly Andrews – Heart Math & Yoga with Kelly
- PCP Mobile Unit
- Peer Help Program - Behavioral Health
- The Heart2Heart Foundation

Make Your Health a Priority!

Learn how everyday choices can affect your heart for life through information sessions by Love Hopson - VP of Cardiovascular Services, Ballad Health; Courtney Burleson - Cardiovascular Nurse Practitioner, Ballad Health; and Sheila Caldwell, Founder of The Heart2Heart Foundation.

While admission is free to attend, tickets are available online to confirm the head count for the breakfast. Attendees will have a chance to win door prizes provided by local merchants and event partners. Details and tickets are available at: <https://tinyurl.com/mother-daughter-event>

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The Heart2Heart Foundation is a recognized 501(c)3 and certified non-profit organization in South Carolina, North Carolina, and Tennessee.