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HIDALGO COUNTY KICKS OFF HEART ATTACK AWARENESS CAMPAIGN WITH PCT 4 EMPLOYEES

FOR IMMEDIATE RELEASE

June 1, 2011

Hidalgo County Commissioners' Court

Ramon Garcia
County Judge

Joel Quintanilla
Commissioner, Precinct 1

Hector "Tito" Palacios
Commissioner, Precinct 2

Joe M. Flores
Commissioner, Precinct 3

Joseph Palacios
Commissioner, Precinct 4

Edinburg, Texas – Hidalgo County Pct 4 Commissioner Joseph Palacios and the Hidalgo County Health and Human Services will be providing heart attack information and blood pressure assessments to Pct 4 employees as part of the County's community education and assessment campaign to improve blood pressure control and increase awareness of the signs and symptoms of a heart attack.

The campaign is part of a larger countywide effort to educate Hidalgo County residents about measures that can be taken to prevent and control high blood pressure, such as increasing physical activity, eating a healthy diet, and reducing stress. The campaign will also stress the importance of recognizing the onset of a heart attack and how to react swiftly to lessen the effects. The Health Department will expand the awareness campaign to other County offices.

"We are glad to have this opportunity to promote education and awareness about heart attacks and the effects of high blood pressure," said Pct 4 Commissioner Joseph Palacios. "The entire County benefits from having employees informed on ways to maintain and improve their health."

Free blood pressure screenings and heart attack and blood pressure control information will be provided. Media is encouraged to attend.

DETAILS

Who: Hidalgo County Health and Human Services Department
Pct 4 Commissioner Joseph Palacios

What: Heart Attack and Blood Pressure Awareness Campaign
For Pct 4 Employees

When: 8:00 am – 9:00 am
Thursday, June 2, 2011

Where: Pct. 4 Administration Offices
1051 N. Doolittle Rd.
Edinburg, TX 78542

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Executive Office

Valde Guerra
Executive Officer

Public Affairs Division

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Director

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