



SISTER TO SISTER FOUNDATION

The Sister to Sister Foundation, a national 501(c)(3) nonprofit organization, is dedicated to preventing heart disease among women through free cardiac screenings. In addition, Sister to Sister provides women with resources to increase awareness about heart disease, to encourage healthy lifestyles, and to reduce risk factors for heart disease, the #1 killer of women today.

Sister to Sister, the only national organization that provides free cardiac screenings for women, has sponsored six annual National Woman's Heart Day Campaigns since 2001, expanding its program from one to 16 cities in 2007. In 2008, Sister to Sister plans to add more cities. The Campaign components include:

- ♥ A year-long promotional campaign involving the business community, federal and local government agencies, faith-based organizations, professional and non-profit organizations, and the media.
- ♥ An Executive Women's Breakfast that creates awareness about heart disease among senior-level women leaders, offers an opportunity to be screened, and encourages them to promote the campaign and screening among their female employees.
- ♥ A Health Fair that offers women free cardiac screenings, immediate follow-up counseling on their results, and resources to support and improve their cardiac health. The Fair also provides educational seminars, fitness and cooking demonstrations, exhibits that promote heart health, and panel discussions by medical experts.

Sister to Sister targets women of all ages, races, ethnicities, and economic backgrounds with its heart-health message. One of the Foundation's priorities is reaching women with a limited awareness about heart disease, including underserved and underinsured women.

In 2004, approximately 332,000 American women died of heart disease—more than any other illness, including breast cancer.

Often women do not recognize the risks and warning signs of heart disease, a largely preventable disease. In fact, studies have shown that a woman can lower her risk for heart disease by as much as 82% simply by leading a healthier lifestyle.

Women also play a critical role in influencing the health of their families, since they make the major medical, nutrition, and health decisions in their households.

