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SMH offers health screenings, information at community events in April

(Slidell, La.—April 7, 2010)—Spring is the time of year to refocus on fitness and living an active lifestyle. As a community hospital, Slidell Memorial Hospital (SMH) sponsors and participates in numerous community events this spring to bring health screenings and education to the Slidell area.

SMH will host the **Red Cap Survivors Tent** as a major sponsor of the American Heart Association (AHA) Start! Northshore Heart Walk benefitting local programs and research dedicated to fighting heart disease and stroke. This year's Heart Walk takes place Sat., April 10, at 10 a.m. at Fountainebleau State Park in Mandeville. Last year, SMH was named the Top Performer in the region by AHA for leading the event with \$20,000 in donations and more than 215 walkers.

SMH invites the community to participate in its free health fair at the Camellia City Market at Griffith Park in Slidell. The **Camellia City Market Health Fair** will take place from 8:30 a.m. to noon on Sat., April 17, and will offer blood pressure, Body Mass Index (BMI) and cholesterol screenings, as well as information and promotional give-aways. Those who wish to participate in the cholesterol screening should fast for eight hours prior to the event.

The only healthcare organization in Louisiana to earn the American Cancer Society's "Company of Excellence" for two consecutive years, SMH hosts the East St. Tammany **Relay for Life's Survivors Tent** celebrating cancer survivors in the community on Sat., April 24, at Slidell Municipal Airport.

A sponsor of the Hospice Foundation of the South's annual Crawfish Cook-off, SMH employees working in the hospital's Infusion Center will compete against more than 50 teams for the "Best Tasting Crawfish" title on Sat., April 17.

The hospital takes part each month in various community events such as annual cook-offs, Slidell Heritage Festival, East St. Tammany Chamber of Commerce events, and supports the Slidell Mall Walkers and SMH Women's Health Alliance. For more information on events at SMH, please view the Events Calendar at SlidellMemorial.org.

ABOUT SMH

Slidell Memorial Hospital is a full-service 182-bed acute care not-for-profit community hospital located at 1001 Gause Blvd., in the heart of Slidell. Founded in 1959, SMH is the third-largest employer in St. Tammany Parish, employing 1,100 full, part-time and pool employees. SMH serves as a primary healthcare resource for families in St. Tammany Parish, La.; Pearl River County, Miss.; and the greater Mississippi Gulf Coast region. It is located online at <http://www.slidellmemorial.org>.

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