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For Immediate Release

## LOCAL GROCERY CHAIN GOES RED FOR HEART HEALTH

*Nugget Markets partners with American Heart Association and nationally recognized nutritionist to raise heart health awareness*

**Woodland, Calif.:** Heart disease remains the leading cause of death among women and men. In honor of American Heart Month, Nugget Markets is partnering with the American Heart Association (AHA) to raise heart health awareness. The public is invited to attend a series of free Heart Healthy Eating seminars with Dr. Liz Applegate, Ph.D. The author of bimonthly articles in Nugget's e-newsletter, *Fresh to Market*, Dr. Liz is the U.C. Davis director of sports nutrition and is a nationally renowned health and fitness expert.

The "Chat with Dr. Liz" seminars will occupy two-hour time periods on separate days at several Nugget locations. During these periods, Dr. Liz will repeat four 20-minute presentations on heart-healthy eating, each followed by a 10-minute Q&A session:

- Saturday, Feb. 7, 3p.m.–5p.m.: Elk Grove Nugget Market, 7101 Elk Grove Blvd.
- Sunday, Feb. 8, 11a.m.–1p.m.: El Dorado Hills Nugget Market, 4500 Post St.
- Sunday, Feb. 15, 3p.m.–5p.m.: Davis Nugget Market, 1414 E. Covell Blvd.
- Saturday, Feb. 28, 1p.m.–3p.m.: Roseville Nugget Market, 771 Pleasant Grove Blvd.

Dr. Liz recently conducted seminars on combating breast cancer through nutrition and is looking forward to returning to Nugget Markets, "The heart is the lifeline to the entire body, and many Americans can reduce their risk of heart disease by making simple changes to their diets and lifestyles."

February also marks the start of the AHA's annual Go Red for Women campaign. As part of their partnership with the AHA, all Nugget Markets employees will be wearing red on National Heart Health Day—Friday, Feb. 6. Starting in early February, shoppers will have the opportunity to purchase Red Hearts (\$1) and Silver Hearts (\$5) at Nugget's checkout stands. All proceeds will go directly to support the Go Red for Women campaign, including research, education and advocacy programs to fight heart disease. Nugget Markets and Dr. Liz have even created a heart-healthy shopping list, featuring 12 items that are Certified Heart Healthy by the American Heart Association.

Through Dr. Liz's Heart Healthy Eating seminars, the Red and Silver Hearts, and AHA Certified Heart Healthy foods, Nugget Markets shoppers will be able to contribute to the heart health of others, as well as their own.

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