FOR IMMEDIATE RELEASE

San Antonio Community Hospital Celebrates Heart Month with
Spirit’s Annual National Day of Dance® for Heart Health,
The Biggest Dance Party for Better Overall Health in the United States

Upland, CA (February 10, 2015) – San Antonio Community Hospital welcomed families to the Spirit National Day of Dance for Heart Health on February 7, 2015 at Victoria Gardens Cultural Center’s Imagination Courtyard. As a member of the Spirit of Women Hospital Network, San Antonio Community Hospital joined hospitals across the nation in presenting Day of Dance to families in 70 communities. More than 70,000 people participated nationwide.

“Coronary heart disease, which causes heart attacks, is still the leading cause of death for Americans,” stated Lynn Hill, Director of Cardiac Services for the hospital. Spirit Day of Dance reinforces the benefits of moving, and teaches community members that dancing can be a wonderful form of exercise not only for your heart but your overall well-being. “Day of Dance is a fun, unique program bringing together doctors, community leaders, media, and businesses to teach families about overall health that they can easily incorporate into their daily lives,” said Tanya Abreu, President and Chief Vision Officer of Spirit of Women.

Guests at the February 7 event at Victoria Gardens took advantage of free health screenings, learned about risk factors, received heart disease education, and enjoyed a variety of dance performances. Several San Antonio Community Hospital physicians from the community also participated, giving health talks on various heart-related topics. A fun highlight was a surprise flash mob dance performed by San Antonio Community Hospital employees.

Spirit of Women is a network of leading hospitals and healthcare providers across the United States, uniting to move women and their families to better health. Through the Spirit of Women membership program at San Antonio Community Hospital, women can take advantage of a variety of health-related activities throughout the year. Membership is FREE and those who sign up receive ongoing discounts to special events, health screenings, walking programs, an e-newsletter, and more.
Spirit members are also given a commemorative silver bracelet and receive a special charm at various events that can be added to their bracelet. So far, members have received a little black dress charm at the hospital’s Spirit Girl’s Night Out event, and a red high heel charm at the Spirit Day of Dance. The next Spirit event that the hospital will host is Health & Hot Rods in June 2015. Health & Hot Rods encourages women to bring their men out for important health screenings and education while also enjoying a classic car show. For more information on San Antonio Community Hospital’s Spirit of Women program, go to sach.org/spiritofwomen.

About San Antonio Community Hospital

San Antonio Community Hospital in Upland, California is a 271-bed, nonprofit, acute care hospital that combines excellent clinical care with exceptional compassion. The award-winning hospital offers a comprehensive range of general medical and surgical services, along with the latest technological advances in cardiac care, cancer care, orthopedics, neurosciences, women’s health, maternity and neonatal care, and emergency services. Since 1907, San Antonio Community Hospital has emerged as a premier regional medical facility with satellite locations across the rapidly expanding Inland Empire. The hospital is in the midst of a major expansion project that will add a new 52-bed emergency department and a 92-bed patient tower comprised of 80 private rooms and 12 critical care beds on its main hospital campus. The expansion, which will be completed in 2015, positions San Antonio as a hospital of the future offering state-of-the-art healthcare services in a healing environment that is focused on the patient and family. To learn more, visit www.sach.org.

About Spirit of Women

Spirit of Women is a national network of leading hospitals dedicated to improving women’s lives with innovative health and community programs. Spirit of Women hospitals touch the lives of millions of women each year through the presentation of educational events, consumer membership programs, annual conferences, marketing communications and grassroots efforts to improve the health and well-being of women everywhere. Spirit of Women enables participating hospitals to focus on community needs while providing the strength of national support. Visit spiritofwomen.org.

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