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## **Home Care Assistance to Host Webinar on Heart Health, Featuring Dr. Suzanne Steinbaum**

*Led by Dr. Steinbaum, author, and attending cardiologist and Director of Women's Heart Health at Lenox Hill Hospital in New York City, the upcoming webinar, **Living From the Heart: Everything you Need to Know to Live a Heart-Healthy Life**, will be held on Wednesday, August 27<sup>th</sup> at 10 AM Pacific/1 PM Eastern*

**(Palo Alto, CA – August 7, 2014)** [Home Care Assistance](#), North America's leading provider of in-home care for seniors, is proud to announce the next installment in its renowned Healthy Longevity Webinar Series. The upcoming webinar will feature [Dr. Suzanne Steinbaum](#), attending cardiologist and Director of Women's Heart Health at Lenox Hill Hospital in New York City, National Spokesperson for the American Heart Association's Go Red Campaign, and author. The webinar will cover the issues surrounding women and heart disease, what heart disease is and what to do about it. Heart disease is the number one killer of women, more than all cancers combined. It is widely underdiagnosed and undertreated. During the webinar, Dr. Steinbaum will discuss lifestyle changes linked to heart health as presented in her recently-released book, ***Dr. Suzanne Steinbaum's Heart Book: Every Woman's Guide to a Heart Healthy Life***.

The webinar will be held on **Wednesday, August 27<sup>th</sup>, at 10:00 AM Pacific, 2:00 PM Eastern**. Dr. Steinbaum will reserve the last 15 minutes of the webinar for a Q&A session, so we encourage attendees to come prepared with questions. **Space is limited**, so make sure to reserve your seat as soon as possible by registering here: <http://bit.ly/hearthealthwebinar>.

"Heart disease is 80 to 90% preventable, and it is never too late," said Dr. Suzanne Steinbaum. "I think education and awareness is the key to empowering yourself to make the best lifestyle choices to lead the healthiest life."

Dr. Steinbaum has devoted her career to the treatment of heart disease through early detection, education, and prevention. She has done fellowship training in both Preventive Cardiology and Cardiology, and is currently a Fellow of the American College of Cardiology. Often cited in magazines and newspapers, such as *Self*, *Glamour*, *More*, *Fitness*, *The Wall Street Journal* and

*Family Circle*, she has written on the topics of cardiac prevention and nutrition, and lectured nationally on the topics of coronary artery disease, women and heart disease, natural and alternative ways of treating heart disease, and the prevention of heart disease. She is also regularly interviewed for breaking news in *U.S. News and World Report*, Healthday and WebMD, and featured on network news health segments for ABC, NBC, CBS, CNN and FOX as a leading consultant in the field of women and heart disease, preventive cardiology and topics of lifestyle management. She has been awarded a *New York Times* Super Doctor, and a Castle and Connolly Top Doctor for Cardiovascular Disease. Dr. Steinbaum is currently the host of **Focus on Health**, a weekly magazine news show spotlighting health topics on WLNYTV, and a regular contributor to The Huffington Post, Dr. Oz, Bottomline Health and Sharecare. Her unique perspectives on health, wellness and overall vitality by living a heart-centered life can be found at [www.srsheart.com](http://www.srsheart.com).

“No matter your age, it is never too early or too late to start educating yourself about heart health,” said Kathryn Zakskorn, Director of Franchise Marketing for Home Care Assistance. “The lifestyle choices you make today are what will affect your overall health as you age. With medical advancements lifespans are increasing, but it’s important that you take the necessary steps to ensure you are not only living longer, but also healthier and happier longer.”

For more information about Home Care Assistance, visit [www.HomeCareAssistance.com](http://www.HomeCareAssistance.com). For additional resources for family caregivers, call a local Home Care Assistance office at 1-866-454-8346 and speak to one of the care managers today.

## **ABOUT HOME CARE ASSISTANCE**

Home Care Assistance is the leading provider of home care for seniors across the United States and Canada. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2014 Franchise500® and Inc. 5000 Company, Home Care Assistance has received numerous industry awards including *Entrepreneur’s* Fastest-Growing Franchises and *Franchise Business Review’s* Top 50. For more information about Home Care Assistance, our services and franchise opportunities, visit [homecareassistance.com](http://homecareassistance.com) or [franchise.homecareassistance.com](http://franchise.homecareassistance.com).