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Home Care Assistance to Host a Free Webinar in Honor of Heart Month

On February 17th at 11 am PST, Drs. Marc Gillinov and Steven Nissen, renowned Cleveland Clinic heart experts and authors of “Heart 411-The Only Guide to Heart Health You’ll Ever Need”, will discuss their new book and provide valuable heart health tips and answers to questions on heart health

(Palo Alto, CA – February 1, 2012) Home Care Assistance, North America’s leading provider of in-home care for seniors, is hosting a free webinar in honor of Heart Month, which spans the month of February. The webinar will be held on February 17th from 11:00 AM PST – 12:00 PM PST and will feature renowned heart experts Drs. Marc Gillinov and Steven Nissen. Drs. Nissen and Gillinov are authors of the new book [Heart 411-The Only Guide to Heart Health You’ll Ever Need](#). The book has been described as the definitive guide to heart health from two of America’s most respected doctors at the Cleveland Clinic, the leading hospital for heart health in America. Over the course of the webinar, the authors will be discussing heart health tips as well as conducting a Q&A at the end of the call. To register for the webinar, please visit <http://homecareassistance.com/heartmonth/> and reserve your spot.

"Good information is the key to good heart health," said Dr. Gillinov, staff cardiac surgeon at the Sydell and Arnold Miller Family Heart & Vascular Institute at Cleveland Clinic. "Myths and misinformation abound. Our mission is to arm people with real, evidence-based medical information that will empower them to ensure their heart health."

Heart 411 is a valuable resource for anyone interested in heart health that provides answers to frequently asked questions such as "Can a high stress job really lead to a heart attack?" and "What are the most important medical tests to run to check on heart health?" Backed by decades of clinical experience and up-to-the-minute research, the book provides the knowledge and tools individuals need to live a long and heart-healthy life.

Home Care Assistance is proud to host this webinar in observance of Heart Month and to raise awareness around heart disease and stroke prevention. Heart Disease is a leading cause of death and a major cause of disability. In fact, there is a heart-related fatality in America every minute. In Canada, heart disease and stroke are the leading cause of death for women and account for 33% of mortalities overall. Home Care Assistance is hosting the webinar as part of a larger initiative to be an educational resource for the community for topics relating to healthy longevity in order promote a proactive approach to optimal quality of life and wellness in aging.

“We are looking forward to kicking off our Home Care Assistance Healthy Longevity Webinar Series with Heart Health 101,” said Lily Sarafan, President of Home Care Assistance. “We are honored to have Drs. Nissen and Gillinov, both leading cardiology experts, discussing heart healthy tips and answering questions related to heart disease and failure and overall heart health. The webinar is sure to be a truly enlightening experience for anyone from patients recovering from a heart attack to family caregivers caring for a loved one with heart failure to health enthusiasts interested in learning more about lifestyle factors that can promote heart health.”

For more information about cardiac rehabilitation or the post-hospitalization discharge process, please visit www.HospitaltoHomeCare.com. For your complimentary [patient guides](#) and more information on our expertly trained caregivers, please visit www.HomeCareAssistance.com or call 1-866-454-8346.

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 2012 Franchise500® 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 or franchise.homecareassistance.com.