

**FOR IMMEDIATE RELEASE**

January 26, 2012



City of Bothell™

**Contact:** Lisa Allen  
Public Information Officer  
Bothell Fire and E.M.S.  
(425) 489.3364  
[lisa.allen@ci.bothell.wa.us](mailto:lisa.allen@ci.bothell.wa.us)

## City of Bothell - Heart Month Campaign

Bothell, Wash. - Heart disease is the leading cause of death in the United States, with diabetes not far behind. In response to the American Heart Association's designation of February as American Heart Month, the City of Bothell will once again be celebrating "Bothell Heart Month". This campaign focuses on heart health awareness by placing firefighters in high-traffic areas throughout the community to offer free blood pressure and blood sugar screenings.

High blood pressure and blood sugar can reduce your ability to live a healthy life, so take control of your health by knowing your numbers," says City of Bothell Fire Chief Bob Van Horne. "This community service campaign empowers citizens to educate themselves about health risks so they can take a proactive step toward a healthier lifestyle."

The Bothell Heart Month campaign will evaluate willing participant's blood pressure and blood sugar, provide information about risks, and inform them of warning signs.

Free blood pressure and blood sugar screenings will be provided at locations throughout the City of Bothell during the month of February.

### 2012 Community Locations:

**February 4<sup>th</sup>** 10 am - 12 pm: New Safeway (24040 Bothell/Everett Hwy)

**February 4<sup>th</sup>** 2 pm - 4 pm: Northshore YMCA (11811 NE 195<sup>th</sup> Street)

**February 11<sup>th</sup>** 10 am - 12 pm: Albertsons in Canyon Park (22621 Bothell-Everett Hwy)

**February 11<sup>th</sup>** 2 pm - 4pm: Northshore YMCA (11811 NE 195<sup>th</sup> Street)

**February 15<sup>th</sup>** 10 am - 12 pm: QFC in downtown Bothell (18921 NE Bothell Way)

**February 15<sup>th</sup>** 2 pm - 4 pm: QFC in downtown Bothell (18921 NE Bothell Way)

**February 18<sup>th</sup>** 10 am - 12 pm: Albertsons in Canyon Park (22621 Bothell-Everett Hwy)

**February 18<sup>th</sup>** 2 pm - 4 pm: Fred Meyer (21045 Bothell-Everett Hwy)

**February 19<sup>th</sup>** 10 am - 12 pm: Home Depot (18333 120<sup>th</sup> Ave NE)

**February 19<sup>th</sup>** 2 pm - 4 pm: Fred Meyer (21045 Bothell-Everett Hwy)

**February 24<sup>th</sup>** 10 am - 12 pm: Northshore Senior Center (10201 E. Riverside Drive)

**February 24<sup>th</sup>** 2 pm - 4 pm: New Safeway (24040 Bothell/Everett Hwy)

**February 26<sup>th</sup>** 10 am - 12 pm: QFC in Canyon Park (22833 Bothell-Everett Hwy)

**February 26<sup>th</sup>** 2 pm - 4 pm: QFC in Canyon Park (22833 Bothell-Everett Hwy)

*Campaign Contacts: Public Education Officer Lisa Allen and Kirsten Clemens 425.489.3*

**Bothell Heart Month**  **February**