

EDO Principal Correspondence Control

FROM: DUE: / /

EDO CONTROL: G20010041  
DOC DT: 01/19/01  
FINAL REPLY:

Janice R. Lachance, OPM

TO:

Agency Heads

FOR SIGNATURE OF :

\*\* GRN \*\*

CRC NO: 01-0072

DESC:

Women's Health Awareness Campaign

ROUTING:

Travers  
Paperiello  
Miraglia  
Norry  
Reiter  
Craig  
Burns/Cyr

DATE: 01/29/01

ASSIGNED TO:

CONTACT:

HR

Bird

SPECIAL INSTRUCTIONS OR REMARKS:

For Appropriate Action.

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**OFFICE OF THE SECRETARY  
CORRESPONDENCE CONTROL TICKET**

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**PAPER NUMBER:** LTR-01-0072 **LOGGING DATE:** 01/29/2001  
**ACTION OFFICE:** EDO

**AUTHOR:** JANICE LACHANCE  
**AFFILIATION:** OPM  
**ADDRESSEE:**  
**SUBJECT:** WOMEN'S HEALTH AWARENESS CAMPAIGN

**ACTION:** Appropriate  
**DISTRIBUTION:** RF

**LETTER DATE:** 01/19/2001  
**ACKNOWLEDGED:** No  
**SPECIAL HANDLING:**

**NOTES:**  
**FILE LOCATION:** ADAMS

**DATE DUE:** **DATE SIGNED:**

EDO --G20010041



UNITED STATES  
OFFICE OF PERSONNEL MANAGEMENT  
WASHINGTON, DC 20415-0001

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OFFICE OF THE DIRECTOR

JAN 19 2001

MEMORANDUM FOR HEADS OF EXECUTIVE DEPARTMENTS AND AGENCIES

FROM:

JANICE R. LACHANCE  
DIRECTOR

Subject:

Women's Health Awareness Campaign

I want to let you know of an important preventive health opportunity for women that I encourage you to share with your employees. The Sister to Sister – Everyone Has a Heart foundation is implementing a campaign to raise awareness among women about heart disease and prevention measures. Cardiovascular heart disease kills more than a half million women each year and is the number one cause of death among women. As part of this campaign, an event called *Woman's Heart Day: Because a Woman's Heart is Different*, will be held at the MCI Center in Washington, DC on February 23, 2001 from 8:00 am to 2:00 pm. The event is free, and it is expected that 5,000 to 7,000 women will attend.

The Federal Government, the largest employer in the Washington, DC area, has been asked to join in this effort by helping to spread the word to women employees. Therefore, I encourage agencies to inform Federal employees of this event as an effective way of spreading this important news.

A link to their website, an e-mail message that agencies can send to employees, flyers, and other promotional materials can be obtained by sending in the attached response form. Agencies can get additional information from [www.WomansHeartDay.org](http://www.WomansHeartDay.org). A flyer about the event is also attached.

Federal departments and agencies may want to make maximum use of existing flexibilities, when possible, to allow Federal employees to take time off to attend the event and take advantage of the free heart disease screening and educational opportunities. Agencies may wish to grant employees annual leave, leave without pay, credit hours under flexible work schedules, and compensatory time off, where appropriate, to attend. Employees on alternative work schedules (AWS) may wish to schedule their AWS day off on that day.

This promises to be an exciting and important preventive health initiative. If you have any questions, contact Brooke Brewer of OPM's Office of Work/Life Programs at 202-606-2012.

Attachments



Everyone Has A Heart™

# Because a Woman's Heart is Different

Yes, I plan on supporting the Sister to Sister – Everyone Has A Heart campaign!

Send me \_\_\_\_\_ flyers (8-1/2 x 11, we can send up to 50).

Send me the electronic version of the flyer (Adobe format) to the following e-mail address

\_\_\_\_\_

Send me the e-mail message that I can send to employees to the following e-mail address

\_\_\_\_\_

I plan on adding the [www.WomansHeartDay.org](http://www.WomansHeartDay.org) link to our website,

www.\_\_\_\_\_

Send me a copy of the 30-second PSA with Lynda Carter and Nikki McCray

Send me information on becoming a sponsor.

Send me information on exhibiting at Woman's Heart Day on February 23

I plan on sending approximately \_\_\_\_\_ women to the Woman's Heart Day event.

### Contact information

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Telephone Fax

\_\_\_\_\_  
E-mail

Mail or fax to:

Courtesy Associates  
Woman's Heart Day  
2000 L Street, NW, Suite 710  
Washington, DC 20036  
Tel (202) 331-2000  
Fax (202) 331-0111

# FREE

## Because a Woman's Heart is Different

### The Truth about Women and their Hearts Presenting Two Vital Health Events for Women



### Everyone Has A Heart.

Heart disease is the number one killer of women, causing more than half a million deaths each year. But, because heart disease is regarded primarily as a "man's disease," women don't always know the risks and warning signs.

Find out what you need to know about woman's heart health and get a FREE screening, FREE gifts, and more!

To help you learn more about women and heart disease, SISTER TO SISTER – EVERYONE HAS A HEART, along with other sponsors, will be providing FREE drop-in heart-health screenings from February 16-23 throughout the metropolitan area. Just choose the time and place most convenient for you.

## FREE Woman's Heart Health Screening Schedule

Sponsored by



Union Temple Baptist Church (Fri.) February 16, 2001 (9am – 1pm) 1225 W Street, SE Washington, DC 20020 (202) 678-8822	The Shops at National Press (Fri.) February 16, 2001 (9am – 1pm) 529 14th Street, NW Washington, DC 20005 (202) 662-7005	Unity Health Care (Fri.) February 16, 2001 (2pm-6pm) Upper Cardoza Clinic 1401 14th Street, NW Washington, DC 20009 (202) 745-4300	MedStar Clinical Research Center (Sat.) February 17, 2001 (9am-1pm) 650 Pennsylvania Ave, SE Suite 50 Washington, DC 20003 (202) 675-1043
Foxhall Square (Sat.) February 17, 2001 (9am-1pm) 3301 New Mexico Ave, NW Washington, DC 20016 (202) 537-0787	CVS Health Connection (Sat.) February 17, 2001 (9am-1pm) 845 Bladensburg Road, NE Washington, DC 20002 (202) 398-7228	CVS/Pharmacy (Mon.) February 19, 2001 (9am-1pm) 320 40th Street, NE Washington, DC (202) 388-7799	CVS/Pharmacy (Mon.) February 19, 2001 (9am-1pm) 4555 Wisconsin Ave, NW Washington, DC 20016 (202) 537-1459
Metropolitan Baptist Church (Mon.) February 19, 2001 (2pm-6pm) 1225 R Street, NW Washington, DC 20009 (202) 483-1540	Washington Adventist Hospital (Tues.) February 20, 2001 (2pm-6pm) 7600 Carroll Ave Takoma Park, MD 20912 (301) 891-7600	CVS Health Connection (Tues.) February 20, 2001 (9am-1pm) 845 Bladensburg Road, NE Washington, DC 20002 (202) 398-7228	Hecht's Metro Center (Tues.) February 20, 2001 (11am-3pm) 1201 G Street, NW Washington, DC 20005 (202) 628-6661
Washington Hospital Center (Wed) February 21, 2001 (9am-1pm) 110 Irving Street, NW Washington, DC 20010 (202) 877-7000	Greater Mount Calvary Church (Wed) February 21, 2001 (2pm-6pm) 610 Rhode Island Ave, NE Washington, DC 20002 (202) 529-4547	Howard University Hospital (Wed.) February 21, 2001 (2pm-6pm) 2041 Georgia Ave, NW Washington, DC 20060 (202) 865-6100	Southeastern University (Thurs.) February 22, 2001 (2pm-6pm) 501 I Street, SW Washington, DC 20024 (202) 488-8162
Providence Hospital (Thurs.) February 22, 2001 (9am-1pm) 1140 Varnum Street, NE Washington, DC 20017 (202) 269-7000	The Jewish Community Center of Greater Washington (Thurs.) February 22, 2001 (9am-1pm) 6125 Montrose Road Rockville, Md 20852 (301) 881-0100	MCI Center (Fri.) February 23, 2001 (8am-2pm) Woman's Heart Day 601 F Street, NW Washington, DC 20004 (202) 628-3200	

**No appointment necessary, call for directions**

Every participant will receive FREE HEALTH SCREENINGS for blood pressure, glucose and cholesterol conducted by licensed healthcare professionals, and a FREE GIFT BAG filled with coupons and samples. What's more, team members from the Washington Mystics will appear at selected locations.

**And you're invited to the "Woman's Heart Day" Event Friday, February 23, 8:00 a.m. to 2:00 p.m. at the MCI Center (where you could win an Alaska cruise!)**

♥ FREE Admission ♥ Giveaways and Prizes, with the Chance to Win a Cruise ♥ Dozens of Information Booths ♥ Healthy-Cooking Demonstrations by Well-Known Area Chefs ♥ Heart Healthy Exercise Demos ♥ Panel Discussions on Fitness, Nutrition, Stress Management, and Heart Disease by Celebrities, Sports Figures, and Health Experts ♥ Activities for Children

Presented by SISTER TO SISTER – EVERYONE HAS A HEART  
Check our website [www.womansheartday.org](http://www.womansheartday.org) for a schedule of events and further details

