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FOR IMMEDIATE RELEASE
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FORT BEND COUNTY GOES RED FOR HEART HEALTH DAY

(FORT BEND, TX) – Fort Bend County Judge KP George, today along with Health and Human Services and Risk Management, hosted County employees at the Historic Fort Bend County Courthouse in support of American Heart Health Month.

County employees attending the “Fort Bend Has Heart” event experienced a variety of activities, including blood pressure checks, exercise classes, and informational sessions to increase awareness about heart health and highlight steps to take to live a healthy lifestyle.

Featured speakers included Cardiologist Dr. Baxter Montgomery of Montgomery Heart and Wellness, Dr. Carlos Vital of Vital Allergy and Asthma, Jane Ujoatu, DrPH, MS, RDN, LDN, Patty Martin with Sugar Land Nutrition, Health Coach Ruchika Behal, Main Squeeze Juice Co., The Kombucha Company, Gulf Coast Blood Center, and Fort Bend Animal Services.

Fort Bend County Judge KP George emphasized establishing good habits to improve health outcomes, noting that his father died of a stroke at an early age.

“Today I’m wearing red to raise awareness for heart health during #AmericanHeartMonth,” said Judge KP George. “I have yet to meet someone that has not been affected by heart disease. Whether it’s directly or indirectly, we all know someone who has suffered a loss from this; that’s why I feel that events like this are needed in our community and with our employees.”

In addition to raising heart health awareness, Fort Bend County Precinct 3 Commissioner Andy Meyers presented Fort Bend County Health and Human Services Director Dr. Jacqueline Minter with a proclamation in recognition of Friday, February 3, being National Women’s Physician Day.

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FORT BEND HAS HEART

FORT BEND COUNTY EMPLOYEES

GO RED

FRIDAY, FEBRUARY 3RD, 10AM-12PM

Fort Bend County Historic Courthouse

401 Jackson St. Richmond, 77469

JOIN US FOR A DAY OF HEALTH & FUN:

COMMUNITY PARTNERS

- NEXT LEVEL URGENT CARE
- DR. BAXTER MONTGOMERY OF MONTGOMERY WELLNESS*
- CARLOS VITAL OF VITAL ALLERGY & ASTHMA*
- PATTY MARTIN OF SUGAR LAND NUTRITION*
- JANE UJOATU, DRPH, MS, RDN, LD, CPH WITH ENCORE NUTRITION AND PUBLIC HEALTH CONSULTING INC.*
- RUCHIKA BEHAL – HEALTH COACH*

*FEATURED SPEAKER

- GIVEAWAYS
- EXERCISE/YOGA
- FREE FLU VACCINES
- DIABETES SCREENINGS
- BOONE CHAPMAN REPS
- CPR DEMONSTRATIONS
- BLOOD PRESSURE CHECKS
- EMPLOYEE PET ADOPTIONS
- FOOD AND BEVERAGES



