



FOR IMMEDIATE RELEASE

December 20, 2023

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PRESS RELEASE

Prairie Heart Foundation hosts walk and health education event

HIGHLAND, Ill.—The Prairie Heart Foundation is proud to host Powered by Prairie, a walk and health education event, on Feb. 16, 5-7:30 p.m., at Korte Recreation Center, 11 Nagel Dr., Highland.

All proceeds benefit local Prairie cardiac rehab services in Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O’Fallon, Shelbyville and Springfield. Donations will support new equipment, participant incentives, specialized programs, colleague training and facility improvements.

Register at prairieheart.org/walk by Feb. 9, 2024.

- **Prairie Cardiac Rehab Participants** - \$20 per person
Includes Prairie t-shirt and participant’s choice of either a ball cap or cooling towel.
- **Individual** - \$25 per person
Includes Prairie t-shirt and participant’s choice of either a ball cap or cooling towel.
- **Family** - \$80 for four
Includes four Prairie t-shirts and participants’ choice of either a ball cap or cooling towel.

Get powered up as you and your loved ones walk your way to a healthy heart. This low-impact, high-fun event for all ages includes a variety of activities to fuel your heart-healthy journey, along with prize drawings throughout the morning. Representatives from local HSHS hospitals will be at the event providing health information and education.

To create a special fundraising page to celebrate you, your loved one and/or your team, visit justgiving.com/campaign/poweredbyprairie.

For more information or questions, contact Brandy Grove, Prairie Heart Foundation manager of philanthropy, at brandy.grove@hshs.org or 217-814-5177.

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About Prairie Heart Institute of Illinois

The Prairie Heart Institute of Illinois (PHII) is a community-based network of hospitals that offers cardiovascular programs staffed by the nationally recognized Prairie Cardiovascular, the largest group of cardiologists in the tri-state region. Because of the Prairie Education and Research Consortium (PERC), network hospitals of PHII also have access to drugs and treatments not widely available. The network hospitals of PHII offer the highest level of cardiovascular care possible in their communities. When more specialized care is needed, it is available in Springfield, O'Fallon or Carbondale.

About Hospital Sisters Health System

Hospital Sisters Health System's (HSHS) mission is to reveal and embody Christ's healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our physician practices and 15 local hospitals in two states – Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O'Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries, and [Hospital Sisters of St. Francis](#) is the founding institute. For more information about HSHS, visit www.hshs.org. For more information about Hospital Sisters of St. Francis, visit www.hospitalisters.org.