



FOR IMMEDIATE RELEASE: March 2, 2020

For more information, contact:

Ashley Gramann
HSHS Southern Illinois Division, Communications Manager
(618) 651-2588
ashley.gramann@hshs.org

Fourth Annual Heart Glo Bingo Event to be Held on March 20

(HIGHLAND, IL) – In celebration of Heart Month and Pulmonary Rehabilitation Week, the Center for Cardiac Rehab and Wellness at HSHS St. Joseph's Hospital Highland will host the fourth annual Heart Glo Bingo event on Friday, March 20 at the Knights of Columbus Hall in Highland. Doors will open at 6 p.m., and Bingo will start at 8:00 p.m.

This year's Heart Glo Bingo event is sponsored by PrimeHealth sponsors, Edward Jones, First Mid Bank, Highland Machine, Oberbeck Grain Co. and The Korte Company.

Heart Glo Bingo is **free to attend** and participants must be 18 or older. Attendees are encouraged to bring their own heart-healthy snacks. There will also be a cash bar and prizes. Please RSVP to (618) 651-2761 as seating is limited.

In addition to Heart Glo Bingo, St. Joseph's Hospital has other community wellness events coming up:

- Lab Wellness Thursday
 - Wellness blood screening lab tests available every Thursday from 6 a.m. to 4:30 p.m. (No appointment necessary)
- CPR/AED Training Class
 - March 17 at 6 p.m. in the Sullivan Room at St. Joseph's Hospital
- Blood Drive
 - April 8 from 2 to 6 p.m. in the Ungacta Conference Center at St. Joseph's Hospital
- Spring Health Fair
 - April 15 at Highland Hope Church – Register online at <http://stjosephshighland.org/health-fairs>

Events require registration or RSVP; please see the full event list and information on registering at stjosephshighland.org/Events-Classes

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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 15 Local Systems and physician practices in 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.hospitalsisters.org.