



NEW YORK STATE SENATOR

Susan Serino

## SERINO AND AMERICAN HEART ASSOCIATION HELP COMMUNITY BEAT STRESS

SUSAN SERINO July 1, 2016

| ISSUE: **DON'T MESS WITH STRESS, COMMUNITY EVENTS, HEALTH, HEART HEALTH**



FISHKILL—Earlier this year, following National Women’s Heart Health Month, Senator Sue Serino and the American Heart Association (AHA) teamed up to launch a unique health initiative, —‘*Don’t Mess With Stress*’. While originally geared toward helping women in the community beat the stress to improve their heart health, given the program’s success, a ‘Don’t Mess With Stress’ workshop was held for the benefit of the entire community last night at the Fishkill Town Hall.

With cardiovascular disease currently representing the leading cause of death worldwide, this initiative aims to raise awareness for the severity of risks associated with the disease and to provide local residents with tips and tricks that they can easily incorporate into their everyday lives to improve their health and reduce their risk of heart disease.

The program that was launched in March consists of a series of workshops presented to professional groups and organizations throughout the community that aim to help community members recognize their signs and symptoms of stress, learn about the long-term health repercussions of unchecked stress and develop a list of simple changes they can make in order to better manage that stress. The first workshop was held for Dutchess County employees in an effort to build on the County's goal of making Dutchess the healthiest county in the state.

The workshops are run by leading cardiologist Doctor Ronald Tatelbaum, M.D. and Shelley Tatelbaum, M.S., C.G.T, a top counselor specializing in mindfulness-based stress reduction.

Community or professional groups interested in hosting their own workshop are encouraged to contact Donna Reyer in Senator Serino's office at 845-229-0106.