

### Little Ladies meet for Tea!

In an effort to create awareness of **Rheumatic Fever Week** (which ran from the 2<sup>nd</sup> – 6<sup>th</sup> August), the Heart and Stroke Foundation SA hosted 3 Little Ladies Tea Parties, for the community, in association with **Go Red for Women** South Africa. Go Red for Women is an international women's movement established to build awareness and provide education on heart disease amongst women...of all ages. The Little Ladies Tea Parties invited over 200 Moms and their crèche aged daughters from 3 disadvantaged areas to share a cup of tea/ coffee and treat with the Foundation. A health talk and puppet show on Rheumatic Fever, and ways to adopt a healthy lifestyle, kept all in attendance thoroughly entertained. *Hearty*, the Heart and Stroke Foundation SA's official mascot, made a guest appearance and helped to spread the message of heart health. Free blood pressure testings were provided to all adults, encouraging the ladies to know their numbers and reduce their risk of cardiovascular disease.

The events were also supported by members of the **ASAP Programme** from the University of Cape Town, which provides Rheumatic Fever education and medical assistance.

Pics from the events:





S





The Heart and Stroke Foundation SA would like to thank their generous sponsors for their outstanding support:

**Compass Bakery; Woolworths; Pick n Pay and Cape Town Market.**

A final thank you to the community...for opening their hearts to the awareness campaign...the Heart and Stroke Foundation SA anticipates extending their reach next year! Watch this space.

For more information contact [www.heartfoundation.co.za](http://www.heartfoundation.co.za) or email [heart@heartfoundation.co.za](mailto:heart@heartfoundation.co.za)

- ENDS -

**For more information contact:** Murishca Nayar-Martheze, Communications Officer, the Heart and Stroke Foundation SA - +27-21-403 6450 - email: [murishca@heartfoundation.co.za](mailto:murishca@heartfoundation.co.za).

For **free nutritional advice**, contact the HSFSA's Registered Dieticians on the **Heart Mark Diet Line** on **0860 223 222** or [www.heartfoundation.co.za](http://www.heartfoundation.co.za)

### **The Heart and Stroke Foundation SA**

The Heart and Stroke Foundation South Africa is a community-based organisation established to reduce the incidence of heart disease and stroke in the population of South Africa by providing education and supporting research. For further information visit [www.heartfoundation.co.za](http://www.heartfoundation.co.za)