



For Immediate Release

February 1, 2019

## CVHHH Goes Red for Women in Honor of American Heart Month in February

Barre, VT – Did you know that heart disease affects one in three women? That’s one in three of our mothers, wives, aunts, sisters, and best friends.

Go Red for Women Day, last Friday, February 1, kicked off American Heart Month. In recognition of the risks of heart disease for women, and to support central Vermonters to make heart-healthy choices, Central Vermont Home Health & Hospice (CVHHH) is celebrating seven CVHHH employees. These women—four nurses, one social worker, and two office staff—provide care and support at home for central Vermonters living with a range of conditions, including heart disease. These women are also committed to staying active and to making choices to keep their hearts as healthy as possible.



Robin Bador, CVHHH’s Human Resources Recruiting Specialist, and Bridget Coburn, a Registered Nurse on CVHHH’s Hospice & Palliative Care team (pictured in the pink shirt, lower-right corner, with her back to Robin), are two of these women. Bridget lives with a congenital heart defect and is motivated to make heart-healthy choices, in large part, for her two children. Robin has a family history of high blood pressure, but, has recently

gotten her symptoms under control. She is motivated to keep making healthy choices because of how good she feels. Over the past year, Bridget and Robin lost a total of 130 pounds. They started their diets about the same time and became fast friends. Today, they continue to support one another.

To be inspired, and to read how these seven women are taking action to be their healthiest selves, visit [www.cvhhh.org/hearthealth](http://www.cvhhh.org/hearthealth), where you can read each woman’s story and learn their heart-healthy tips. *Pictured above, top to bottom, left to right, are Sarah Sadowsky, LICSW, Medical Social Worker, Ashley LaFirira, RN; Shelby Lunn, RN, WCC, Clinical Team Manager; Shelby Chicoine, RN; Colette Page, Billing Specialist; Robin Bador, HR Generalist; Bridget Coburn, RN, Hospice & Palliative Care.*

### About CVHHH

Central Vermont Home Health & Hospice (CVHHH) is a full-service, not-for-profit Visiting Nurse Association committed to providing high-quality, medically-necessary home health and hospice care to all central Vermonters, regardless of ability to pay. CVHHH also provides long-term care and health promotion services. To learn more about CVHHH’s services, visit [www.cvhhh.org](http://www.cvhhh.org)