

Georgia Rural Health Association

www.grhainfo.org
grha@grhainfo.org
478.552.3620 phone

Member Update



GRHA News

January 26 2010

GRHA appreciates our Corporate Members



GRHA depends on our members to direct our work and to support that financially with membership dues. Most of our members are on a calendar year renewal, which means that you most likely received a membership renewal notice in December, and a follow up at the beginning of this month.

On the first of next month we will review our membership rolls. If your membership isn't current, you won't be able to access the legislation tracking information for the General Assembly. The log in problems we were having are repaired so members should be able to access tracking information, funding information, and other components of the web site.

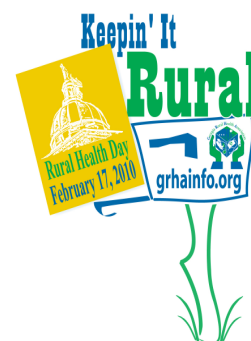
If you have questions about your membership, please let us know. You can contact Carole Logue at clogue@grhainfo.org. If you received a prorated amount and want to pay with a credit card, please contact Carole so she can send you an electronic payment request for the correct amount.

**CALL FOR ABSTRACTS
GEORGIA RURAL HEALTH ASSOCIATION
STUDENT POSTER SESSION
"GRHA 2010-Keepin' It Rural"**

DEADLINE FOR SUBMISSION: May 22, 2010

MARK YOUR CALENDAR: FEBRUARY 17, 2010, GRHA RURAL HEALTH DAY AT THE CAPITOL

Hotel rooms are available at the Wyndham Garden Hotel Atlanta Downtown location. A limited number of rooms have been reserved at a reduced rate. To make your reservations, please call the Wyndham Garden Hotel at 404-659-2727 and ask for the In-House Reservations at x352 or x353, Monday-Friday, 8:30 A.M.-4:30 P.M. and reference the GA Rural Health Association block of rooms. Reservations must be made by Tuesday, February 2, 2010. After this date, reservations will be accepted on a space and rate availability basis only.



GRHA would like for you to take a few minutes to complete this survey. Your opinions matter to GRHA and your feedback will be most helpful. Please click the link to take the survey. <https://www.surveymonkey.com/s/MTQ9DFX>

February 5 is National Wear Red Day!

One Day a Year, What You Wear speaks volumes. Wear Red and Speak Up!

Most of the time, selecting clothing isn't that critical. But on **Wear Red Day**, it's vitally important. That's because wearing red on **National Wear Red Day** or any day makes a statement about the No. 1 killer of American women: heart disease, the cause of one in every three female deaths.



Speak Up for Yourself. **Speak Up** for Others. What does it mean to speak up? Why is it important?

Too many women die each year because they are unaware of this vital statistic: One in three women suffers in silence, and almost one woman dies every minute of this largely preventable disease.

By wearing red, we can bring a voice to this silent killer. We can listen to what our hearts are telling us, talk to our doctors and spread the word to our family, friends and community about making the right choices and taking action.

Start the conversation by choosing to **Speak Up** about heart disease. Save lives using the power of your very own voice.

Choose to Speak Up for yourself.

- Choose to take control of your heart health. Talk to your doctor or nurse to design a personal action plan that works for you
- Say “NO” to unhealthy behaviors. • Choose to walk, not sit. • Choose to eat baked, not fried. • Choose to breathe, not smoke.
- Choose to be a BetterU. • Enroll in the Go Red BetterU. • Know your numbers. • Take the Heart CheckUp.

Choose to Speak Up for others.

- Tell everyone you know that the No. 1 killer of women is heart disease.
- Choose to share your choices and your story, empowering by example at **GoRedForWomen.org**.
- Choose to support the movement at **GoRedForWomen.org**.
- Choose to educate your community about heart-healthy actions.
- Let your dollars do the talking. Donate to fund vital research and educational programs at **GoRedForWomen.org/Donate**.

To learn more about heart disease in women and the choices you can make to live heart healthy, visit **GoRedForWomen.org** and sign up for the movement. You'll receive a monthly newsletter to keep you motivated and a red dress pin, the symbol of the heart disease in women movement, to wear proudly as a supporter. You can go to <http://www.americanheart.org/presenter.jhtml?identifier=1200000> and click under Programs & Tools to find the **GoRedForWomen.org** page.

Do you know your family history? Please go to our website: www.grhainfo.org and click on link on the homepage to read about the steps to help reduce your risk for heart disease.