



City of Seat

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February 7, 2012

FOR IMMEDIATE RELEASE

Mayor Eugene W. Grant and the Health Empowerment Network of MD, Inc. to Host “Life’s Simple 7” Event for Seat Pleasant Seniors

Date: February 11, 2012 from 1 – 5PM
Location: Faith Temple #2
211 Maryland Park Drive
Capitol Heights, MD 20743

Seat Pleasant, MD – On Saturday February 11th from 1-5PM, Mayor Eugene W. Grant and the Health Empowerment Network of Maryland, Inc. a community based organization will host an event for Seat Pleasants seniors 50 years and older. The event is being put on by the University of Maryland School of Public Health and is called “**Life’s Simple 7**” which is the American Heart Association’s recipe for a heart healthy life. This event will provide seniors with the opportunity to learn basic health necessities such as; getting active, methods for controlling their cholesterol, eating healthier foods, managing their blood pressure, methods for losing weight, reducing their blood sugar levels and quitting cigarettes.

“Given the vast health disparities in Prince Georges County as it compares to the rest of the state, it’s imperative we teach our seniors how to lead a healthier life. The health and well being of our city’s seniors is of the utmost importance,” stated Mayor Eugene W. Grant who is hosting this event. “We are looking forward to a large turnout and a productive day so that our seniors can benefit from the free information and activities offered at this event.”

Eugene W. Grant, elected in 2004, is currently serving his 8th year as Mayor of Seat Pleasant: A City of Excellence. During his 8 years as mayor, he has successfully tripled the size of the Police Department, reduced crime by 33%, improved the infrastructure of the city, ended each year with a surplus and raised thousands of dollars for the local elementary school. Mayor Grant serves as the Chairman of the Board for Health Empowerment Network of Maryland, Inc., President of the Maryland Black Mayor’s Community Development Corporation, Inc., Chief Executive Officer for Global Developmental Services for Youth, Inc. and a member of numerous other organizations both domestically and internationally. You can follow Mayor Grant on [Twitter](#) and [Facebook](#).

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