



LIFEWORK, INC.
Corporate & Community Defibrillation Programs

8641 Bali Road, Ellicott City, MD 21043
tel (410) 418.4989 | fax (410) 418.5300
www.lifeworkhealth.com

For more information, contact:
Carol Stemple, RN
410.418.4989 office
410.629.6295 mobile
carol@lifeworkhealth.com

PRESS RELEASE
FOR IMMEDIATE RELEASE

LIFEWORK PROMOTES HEALTHY LIVING TO DISTRICT SIXTH GRADERS

(Washington DC – June 2, 2005) – Lifework, Inc. will visit sixth grade students at Anne Beers Elementary School in Washington, DC, on Thursday, June 2, 2005, to present a program on preadolescent wellness. Pierre Cox, PhD, Lifework’s Education Director, will talk to students about the importance of good nutrition and physical activity.

“My goal is to educate and engage youth regarding healthy lifestyle choices,” Dr. Cox says.

The program will begin at 1pm with a discussion of healthy nutrition. The next segment will focus on the importance of physical activity early in life. The program will end with an energizing activity using jump ropes donated by the American Heart Association. Lifework hopes to send these students into summer with heart healthy ideas.

As the area’s Early Defibrillation expert, Lifework believes that heart health begins in the community. Lifework has implemented Early Defibrillation Programs in private homes, health clubs, schools, churches, and corporate offices in Maryland, Virginia, and the District of Columbia. Lifework is both an American Heart Association and American Safety and Health Institute Training Center.

Photos of the event will be available.