



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT

Washington, DC 20415

The Director

Thursday, February 7, 2002

MSG-010a

MEMORANDUM FOR: Heads Of Executive Departments And Agencies

FROM: Kay Coles James, Director

Subject: Women's Health Awareness Campaign

On Friday, February 22, 2002, the SISTER TO SISTER - EVERYONE HAS A HEART FOUNDATION is conducting its second annual *Woman's Heart Day* campaign from 8:30 am to 4:00 pm at the MCI Center in Washington, DC.

As you know, the health of our employees is one of our most vital concerns, so I ask that you ensure that your workforce is aware of this important preventative health opportunity for women. The event is free, features free heart health screenings, and it is expected that 5,000 to 7,000 women will attend. Activities for this fun, educational event include heart health exhibits, cooking and fitness demonstrations, and panel discussions led by health experts, celebrities, and sports stars.

Many women do not realize that heart disease is the #1 killer of women, causing more than a half million deaths per year. The data collected from the Sister to Sister Foundation's 2001 campaign shows that although most Washington women believed they were in "good or excellent health," ***over one-third had high blood pressure, over one-half had high cholesterol, and one-third had high blood sugar levels.***

Federal departments and agencies may want to make maximum use of existing flexibilities, when possible, to allow Federal employees to take time off to attend the event and take advantage of the free heart disease screening and educational opportunities. Agencies may wish to grant employees annual leave, leave without pay, credit hours under flexible work schedules, and compensatory time off, where appropriate, to attend. Employees on alternative work schedules (AWS) may request to schedule their AWS day off on that day, if such rescheduling is permitted under the agency's internal policy or collective bargaining agreement.

To help you get out the word, the Sister to Sister Foundation can provide promotional flyers, an e-mail message, an article for your newsletter and/or Intranet, and a link to their website at sistertosister.org, which provides detailed information about Woman's Heart Day and other campaign activities. Enclosed is a fax-back response form and a flyer about the event.

Thank you in advance for helping to promote this important health initiative, which could save the lives of many women. If you need further information, please call Jackie Mayi of the Office of Personnel Management's Office of Work/Life Programs at (202) 606-1099.

Flyer 1

Flyer 2

Flyer 1

An image of the Sister to Sister logo with the words: "Everyone has a heart; Women's Heart Day: Because a woman's heart is different; and the date, time and place: 2/22/02; 8:30am to 4:00 pm at the MCI Center.

An image of the application for information on the heart to heart program.

Flyer 2

An image of the heart to heart program outlining the various events to take place.