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Alpha Phi Foundation Announces 2013 Heart to Heart Grant Recipients
Celebrates 20th Anniversary of Heart to Heart Grant

Evanston, IL – February 28, 2013 – Awarded annually, Alpha Phi Foundation’s Heart to Heart Grant funds research and educational programs that support the improvement of women’s heart health. This \$50,000 award enables the medical profession to better understand heart disease in women – specifically its symptoms, treatment and prevention.

In celebration of the 20th Anniversary of the Heart to Heart Grant, Alpha Phi Foundation is pleased to announce two recipients for the 2013 award. Selected from 20 applicants, **Tallahassee Memorial HealthCare Foundation** and **Texas Heart Institute** will each receive \$50,000 to continue advancing women’s heart health both in their local communities and the medical field.

Tallahassee Memorial Heart & Vascular Center will use this grant to introduce a new program, “**Empowering Women to Save Lives through CPR Training.**” Funds from this award will **assist in training 600 women (girls to adults) in CPR and empower them to save lives.** This training will occur in multiple small group sessions throughout the year, and one large group CPR training in February 2014 to include an interactive exhibit of a large-scale replica of the human heart.

The Center for Women’s Heart & Vascular Health at Texas Heart Institute is dedicated to outreach and education within the Houston community. The Heart to Heart Grant will help to fund their ongoing study, **Houston Heart Reach for Women**, designed to **investigate the roles biology, psychology and lifestyle play in putting a woman at risk for heart disease.** This study will identify those most at risk and deliver an intervention as well as help medical professionals better understand the impact of race, lifestyle and emotional well-being on heart health.

“We are pleased to celebrate the 20th Anniversary of our Heart to Heart Grant by investing in two institutions that share our passion to better understand, treat and prevent heart disease in women,” said Ann Carstensen, executive director of Alpha Phi Foundation. “The funding of these vital initiatives is a cornerstone of Alpha Phi Foundation’s more than 56-year commitment to improving women’s heart health, and it ensures meaningful efforts will continue to lessen the risk of heart disease in women.”

The Heart to Heart Grant is made possible by individual donors, corporations, and a portion of proceeds from collegiate and alumnae chapter Red Dress events.

Founded in 1956, Alpha Phi Foundation is an international nonprofit organization whose mission is to advance women’s lives through the power of philanthropy. The Foundation is the philanthropic and educational partner of Alpha Phi International Fraternity. Through contributions from chapters, individuals and corporations, the Foundation funds merit-base scholarships, leadership development and training, crisis aid for members in need, research and education to improve women’s heart health, and other charitable and educational projects.

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