

“Healthy Heart” Workshop at Duncaster Retirement Community

BLOOMFIELD, CT, Apr. 21, 2010 –The “Healthy Heart” will be the subject of an interactive session with Hartford Hospital cardiologist Paul Thompson, M.D on Wednesday, April 28 at 10 a.m. The free open public forum will be presented by Duncaster Retirement Community. It will be held in the community’s meeting room on their 40 Loeffler Road, Bloomfield campus. The presentation is part of Duncaster’s Wellness Program.

Dr. Thompson is Director of Cardiology and The Athletes Heart Program at Hartford Hospital and Professor of Medicine at the University of Connecticut. He has authored over 200 scientific articles and is an Associate Editor of the Textbook of Cardiovascular Medicine and the Editor of the book Exercise and Sports Cardiology. He is a Past President of the American College of Sports Medicine.

The workshop is open to the public but seating is limited. To reserve your spot contact Fran Kent at (860) 380-5006 or fkent@duncaster.org.

About Duncaster

Duncaster is Bloomfield’s signature retirement community. Celebrating 25 years, this campus of 190 independent residences, assisted living and Duncaster’s Caleb Hitchcock Health Center is designed to help residents live life to the fullest by providing security and fulfillment. The community includes an aquatic and fitness center and an on-site health clinic. Residents can participate in ongoing education, social and cultural programs. For more information, see www.duncaster.org or call (860) 380-5005.

Media contact:

Andrea Obston aobston@aomc.com
(860) 243-1447 (office) (860) 803-1155 (cell)
(860) 653-27612 (home)