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Fly Red For Heart Disease To Benefit Saint Barnabas Medical Center Heart Center

By Marganne Christina-Mistretta

To raise support and awareness for heart health, members of the Saint Barnabas Medical Center, Livingston, plans to host the third Fly Red for

Heart Disease event. This indoor cycling event planned for Sun., Feb. 26, features three different 45-minute cycling classes from 1 p.m. to 3 p.m. at Millburn Flywheel in Millburn.



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event is hosted by Outreach, and Daniel Weiss; and Dr. Alan Garten, chair of radiology.

Heller, who got involved with the event last year said, "We like spinning and wanted to do something for cardiac, so we decided to do an event that we could put out to the community and engage our employees."

No stranger to raising money, Heller wanted to turn something bad into awareness when her brother died at the age of 54 from a sudden cardiac death from hypertrophic myopathy (HCM), a disease in which the heart muscle, myocardium, becomes abnormally thick or hypertrophied.

"I was looking to do something in his memory," she said. "We raised money for the cardiac intensive *continued on page 6*

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