

# Reynolds Plantation Ladies Club Celebrates Valentine's Day And Heart Health For Women



Dr. Kenneth McGrath, Atlanta Cardiology Group, Lynne Hollingsworth, winner of the basket drawing, and Ann Murray, President of the Plantation Ladies Club

On February 16th, the Plantation Ladies Club of Reynolds Plantation enjoyed a special presentation by Dr. Kenneth McGrath of the Atlanta Cardiology Group in honor of February's National Heart Health month. Dr. McGrath provided an informative slide show and fielded numerous questions to a rapt audience of approximately one hundred ladies, most of whom were quite surprised to learn that heart disease is the number one killer of women, surpassing the next six causes of death combined. In addition, women's symptoms may be quite different from those of our male counterparts, and oftentimes far less obvious.

Upon arrival, each lady received a red or white carnation in celebration of Valentine's Day; additionally, the Ladies Club provided a red dress pin and wallet card from the "Go Red for Women" program from the American Heart Association.

The Atlanta Cardiology Group, now with an office here at Lake Oconee, also provided an impressive basket of heart-friendly items to lucky winner Lynne Hollingsworth. Winner of the 50/50 raffle, the Club's monthly charitable donation venue, was Janice Sharp who donated her winnings so that the entire raffle proceeds of over \$400 was given to the charity selected for this month's meeting.

Special guests for the luncheon

included Mark Lammi, Head Golf Pro at RP National Course; his wife, Leyla and daughter Racquel; John Nordan, Head Golf Pro at RP Plantation Course, and his baby-puppy "Wee Wille"; Chip Davies, Assistant Pro at RP Oconee Course, his wife Carrie and daughter Elizabeth; Matt Gillespie, Assistant Pro at RP Plantation Course, and his daughter Madelyn; and Jessica Odom, Retail Manager at RP Plantation Golf Pro Shop.

Members and guests dined on a delicious menu of a Plantation Cobb Salad with sliced grilled steak, herbed feta vingiarette dressing, freshly baked rolls & butter, and a special Plantation Valentine dessert trio of chocolate raspberry cake, white mousse and raspberry sorbet with berry splash.

President Ann Murray conducted a short business meeting, and introduced numerous newcomers to the club. The March meeting will be a Coffee, and in April the club will have a Hats Off to Spring Style Show, with fashions provided by Chico's. May will also be a Coffee and the June luncheon will have a Mexican Fiesta theme. Ladies residing in Reynolds Plantation are invited to join the club; call President Ann Murray at 467-0657.

For more information on the Go Red for Women program, or to learn heart-healthy tips, warning signs and more, log on to [www.americanheart.org](http://www.americanheart.org), or call 1 888-MYHEART.