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**For Immediate Release:**

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## **CHNCT Foundation's *A Modern Tea* Returning to New Haven**

*Event to feature the work of world renowned quilter Ed Johnetta Miller;  
Yale University's Dr. John A. Elefteriades to discuss heart disease among women*

**WALLINGFORD, Conn. (Oct. 6, 2009)** – Community Health Network of Connecticut Foundation, Inc. is bringing its annual women's heart health event *A Modern Tea* back to the New Haven Lawn Club on Saturday, Feb. 6, 2010. The event will feature the work of internationally-known quilter Ed Johnetta Miller and a keynote address will be given by Dr. John Elefteriades of Yale University.

In its fifth year, *A Modern Tea* is designed to heighten heart health awareness among women while providing them with an afternoon sure to delight the five senses. According to statistics released by the American Heart Association in 2006, roughly 500,000 women succumb to heart disease each year. Of those, 6,300 are women in Connecticut. By featuring various elements that contribute to a healthy lifestyle, thus healthy hearts, presenters are able to demonstrate that being informed about heart disease and its triggers are crucial to the health of our communities.

The 2010 *A Modern Tea*, themed *A Quilt to Warm Your Heart*, will feature a quilt specifically crafted by international artist Ed Johnetta Miller. It will be on hand for viewing alongside Miller, who is world renowned as being one of the most creative and colorful improvisational quiltmakers in the U.S. Her pieces can be found in many museums, corporate and private collections including The National Gallery of the Smithsonian Institution in Washington D.C.; Nelson Mandela's National Museum in Cape Town, South Africa; and Hartford's Wadsworth Atheneum.

The 2010 keynote address will be given by Dr. John A. Elefteriades, the chief of cardiothoracic surgery at Yale University. Dr. Elefteriades will be in attendance to discuss his book *The Women's Heart: An Owner's Guide* and will have a signing afterward. The book discusses unique factors that affect women's cardiovascular health. Dr. Elefteriades is a former winner of the prestigious "Socrates Award" for his teaching of cardiac surgery.

As always, *A Modern Tea* will feature the following activities:



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- Cardiovascular health workshops
- A sampling of international teas that are high in antioxidants ... all of which contribute to a healthy heart
- A Red Dress fashion show
- Reiki, back, neck and hand massage ... because stress relief is important to maintain a healthy heart
- A contemporary jazz trio ... to provide a relaxed and invigorating atmosphere

For more information on *A Modern Tea*, please contact Tressa Spears Jackson, Executive Director of the Foundation, at 203.949.4101 or [tspears@chnct.org](mailto:tspears@chnct.org)

*The Community Health Network of Connecticut Foundation, Inc. (CHNCTF), founded in 2003, is a public charitable organization concerned with the health of Connecticut residents. Its mission is to advance, support and promote programs and activities that fundamentally improve the health status of the people of Connecticut. As such, the goal is to support the activities of community health centers, and other non-profit organizations that promote health care services to uninsured and medically underserved individuals, youth, children and families in Connecticut.*

*The Foundation is a volunteer-driven organization with an independent and non-funded board of directors who donate their own time to the Foundation without compensation. The Foundation has been designated by the IRS as a 501(c) 3 entity, gifts to which are tax-exempt as charitable contributions.*

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