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Contact: Lynniss Woods-Mullins, PraiseWorks Health and Wellness

Email: [lynniss@praiseworks.biz](mailto:lynniss@praiseworks.biz)

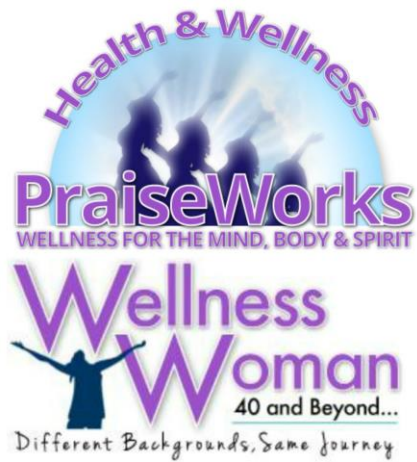
Phone: 916-706-7565

**“Praise By The Pool” Concert Raises Awareness of Heart Disease and High Blood Pressure in the African American Community**

Sacramento, CA – August 1, 2012\*\* — On August 22nd, the vibrant sounds of the Northern California Gospel Community will fill the air at the Westlake Waterfront Resort for the inaugural “Praise By The Pool Concert”, a powerful event designed to raise awareness about heart disease and high blood pressure in the African American community. Hosted by Tommie Goss, this uplifting evening of music and community featured local and regional talent and was co-sponsored by the American Heart Association’s Power to End Stroke campaign and PraiseWorks Health and Wellness.

It will be held from 4 to 9 pm, the concert brings together hundreds of attendees to celebrate life, health, and community at the beautiful Westlake Waterfront Resort, located at 4701 Westlake Parkway. The event spotlights the urgent need to address heart health disparities affecting African Americans.

"We are thrilled with the community's response," said Lynniss Woods-Mullins, CEO of PraiseWorks Health and Wellness and a Wellness Coach for Women over 40. "This event is



not only about enjoying great gospel music but also about educating and empowering our community to take control of their heart health."

The American Heart Association's Power to End Stroke campaign joined forces with PraiseWorks Health and Wellness to highlight the importance of early detection, lifestyle changes, and community support in reducing heart disease and stroke risk among African Americans, who are disproportionately affected by these conditions.

Proceeds from the Praise By The Pool Concert will support the opening of a new Wellness Center in the Oak Park community, which will offer health education, wellness programs, and community resources to help individuals and families lead healthier lives.

The event's success will mark an important step in bringing critical health resources and support to underserved communities, bridging gaps in care, and fostering a culture of wellness that embraces the unique needs and challenges of African Americans.

For more information about the Praise By The Pool Concert or to learn how you can support the new Wellness Center in Oak Park, please contact Lynn Woods-Mullins at [lynnis@praiseworks.biz](mailto:lynnis@praiseworks.biz) visit [www.praiseworks.biz](http://www.praiseworks.biz).