



## The Lodge at Woodloch Presents Heart Health Weekends Kicking Off During National Heart Month

**For Immediate Release:** Hawley, PA- This February, the staff at The Lodge at Woodloch will be doing more than just wearing red in recognition of National Heart Month. Master Herbalist Nathaniel Whitmore has developed a new weekend program that will span the offerings throughout the property. With heart disease being the number one killer of women and one-third of all adults having high blood pressure, awareness and education is key. The weekend of February 8-10, Heart Health Weekends will kick-off with its first full focus on keeping hearts healthy. The weekend programs will be scheduled throughout the year to help draw attention and awareness in a pro-active way.

Heart Healthy Weekends will include presentations from Master Herbalist, Nathaniel Whitmore such as *Holistic Healing for the Heart*, *Herbs for a Healthy Heart* and *Holistic Protocols for Hypertension*. Cooking demonstrations will feature heart-healthy cooking and nutritional considerations. In addition fitness and wellness classes will be highlighted such as Healing Sounds Meditation for the Heart, Chi Gong for the Heart and Cardio Fitness.

The goal of the weekend workshop will be to introduce guests to foods, exercise and herbs as well as awareness of the emotional, mental and spiritual aspects of cardiovascular health. “It is hard to believe that one-in-three women have some sort of cardio-vascular issue...some not even knowing it,” explained Paul Fitzpatrick, managing director of The Lodge. “This weekend focusing solely on heart health will hopefully allow guests to learn to listen to their bodies and to find holistic ways to proactively help fight the statistics.”

Teaming with the chef team at TREE Restaurant and Bar, The Lodge’s award-winning dining for artfully crafted spa cuisine, cooking demonstrations will feature techniques and tips for heart-healthy cooking. While there is always a healthy twist to the demonstrations, the chefs team will highlight some of the secrets of making dishes that are healthy without sacrificing flavor.

### Workshop Descriptions:

**Holistic Healing for the Heart** - An introduction to using herbs, foods, exercise, as well as emotional, mental, and spiritual healing for cardiovascular health.

**Herbs for a Healthy Heart** - A review of various herbs, such as Mint, Motherwort, Licorice and Rose that are used to promote cardiovascular health and recovery from harmful imbalances.

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Holistic Protocols for Hypertension - The various element of heart health presented over the weekend will be wrapped up together by considering protocols for some specific conditions, such as hypertension and high cholesterol.

There is no additional cost for the Heart Health Program. Weekend rates at the all-inclusive Lodge at Woodloch begin at \$339 per person, per night.

**About The Lodge at Woodloch:**

The Lodge at Woodloch is one of the finest full-service [luxury destination spas](#) in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 150 wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The exclusive property features 57 luxury accommodations and a 40,000-square-foot spa. Additional information and reservations are available toll-free at 1-866-953-8500 or on the Web site at [TheLodgeAtWoodloch.com](#).

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