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**ACTRESS AND AUTHOR MARILU HENNER "FOLLOWS HER HEART" TO
MINNEAPOLIS HEART INSTITUTE FOUNDATION TO CELEBRATE LEADING RESEARCH
THAT IS SAVING MORE LIVES THAN EVER**

Annual Spirit of the Heart Gala; October 9, 2010 at the Depot in Minneapolis

MINNEAPOLIS, MN., -- September 14, 2010 – Actress, health advocate and author Marilu Henner lost her father to heart disease. His early death transformed her life. Now a passionate heart-health proponent— and recipient of the *Voice of Compassion Award* from the 2010 Physicians Committee for Responsible Medicine — Henner will present the keynote presentation at the Minneapolis Heart Institute Foundation (MHIF), Spirit of the Heart Gala, Saturday, October 9, 2010, 6 p.m. at the Depot in Minneapolis.

Henner's advocacy role could not be timelier: **Heart disease kills more Americans than any other medical condition. Almost twice as many as cancer—except in Minnesota.** In fact, thanks in part to MHIF research and education programs, thousands of lives are being saved across the world. Locally that means while number one in the nation, cardiovascular-related deaths rank number two in Minnesota.

"MHIF is ahead of the curve when it comes to cardiovascular health," says Henner. "I love being involved with forward thinking pioneers whose proactive and multi-dimensional approach to heart health is saving lives. From the lifestyles we live, to the food we eat, from the stressors we feel, to the thoughts we think, health is a total picture and good nutrition is a key component. After all, nothing tastes as good as healthy feels!"



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Minneapolis Heart Institute Foundation “Follows Heart” With Best Practices for Research and Education

The Minneapolis Heart Institute Foundation is one of the nation’s leading clinical centers of excellence and a scientific powerhouse where more physicians are published than any other cardiovascular research and education organization. Its distinctions include:

- Cardiovascular research that is helping physicians offer exceptional care and the latest treatment options.
- The brainchild behind a new grassroots wine dinner movement that could help save the lives of countless women. **(SEE BACKGROUND)**
- Prevention and education that is helping more people stay out of the hospital, preventing clinic visits, and engaging whole communities to improve their health
- Prevention and education that is keeping more heart patients from going back to the hospital—unheard of until recently.
- One of only five national Centers of Excellence for stem cell research.
- Leading the way with innovations that are becoming the global gold standard for heart health.

“The research supported by MHIF has led to striking changes in the way we care for individuals, and to measurable improvements in outcomes in people with life-threatening cardiovascular conditions,” according to Dr. Peter Alden, Minneapolis Heart Institute, Vascular Surgery. “Our achievements in research, education and patient care are a source of local pride and international recognition, and worthy of the enthusiastic support of our community. Our Gala promises to be a great evening.”

Gala Brings Together More Than 800 Physicians, Industry and Corporate Leaders, and Community Supporters

In a continuing effort to create a world without heart disease, raise funds for ongoing research and educate about heart disease prevention, MHIF’s annual Spirit of the Heart Gala brings together more than 800 physicians, industry and corporate leaders, community members and grateful patients to celebrate new cutting edge research and education efforts. This year, guests will choose from

gourmet, heart-healthy selections personally advocated by Henner. **To order tickets or sponsor a table, go to <http://www.mplsheart.org/gala2010>**

About the Minneapolis Heart Institute Foundation:

In 1982, thirteen respected Minneapolis Heart Institute cardiologists and cardiovascular surgeons formed the Minneapolis Heart Institute Foundation (MHIF), funding it largely from their own incomes. They wanted to create a new kind of research and education center, one that would address the unmet patient needs they saw at clinics across Minnesota everyday. This vision continues to guide the organization today, advancing the level of cardiovascular care available to patients in Minnesota and beyond.

For more information — or to interview Marilu Henner or Dr. Peter Alden — please contact Martin Keller, Media Savant Communications Co., 612-729-8585, kalmart@aol.com.

