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**HEADING TO THE WOODS? SIGN UP FOR HUNTER HEART CHECK
EXCELA HEALTH'S FREE SCREENINGS PINPOINT POTENTIAL RISKS**

GREENSBURG, PA, August 6, 2013 ... Hunting like heart disease can be a family affair. That's true for Excela Health Heart Center nurse Aaron Johnston who inherited his love of hunting from his father and possibly the health risk factors found in his ancestry. That's why the 35-year-old West Newton resident is adamant that individuals hoping to enjoy the approaching deer and small game season take precautions to avoid becoming a casualty of the sport they enjoy.

Johnston has been a nurse for 13 years, nine of them in critical care. Over that time he's cared for open heart patients as well as those who have benefited from cardiac catheterization and stenting to clear blockages.

"Hunting is hard work," said Johnston, who is sharing his love of the outdoors with his 8-year-old son Grant. "People think you do a lot of sitting and waiting, but there is a great deal of physical exertion: carrying your gear, climbing a tree, maintaining balance in your stand, dragging your prize out of the woods. Even if you have an ATV, it may still be several hundred yards away"

Prior conditioning is a necessity, says Johnston who admits to some gentle nagging to ensure his father is in good health before heading into the woods. And he heeds his own advice, getting an annual physical and blood screening, exercising and watching what he eats, so he'll be ready to walk the 150- acre farmland owned by his grandfather in Greene County.

While the Johnstons enjoy deer meat, the real attraction of the sport is the shared family time. "It's great to be out in nature enjoying some father-son time,"

he said. "My son was so excited that I got a doe last year. I may not get 'the big one,' but it's an opportunity to bond with my son, like I did with my dad and to teach some important lessons about safety and health."

In preparation for the 2013 fall hunting season, Excelsa Health will hold a Hunter Heart Check, 7:30 to 11:30 a.m., Saturday, Aug. 24 at Gander Mountain, 1040 Town Square Drive, Greensburg.

The event includes free screenings, breakfast and prizes. Screenings include blood pressure, body mass index (BMI), blood sugar and EKGs. Members of Excelsa Health Cardiology will be on hand to answer questions. A foot evaluation, provided by Greensburg podiatrist James Montgomery, DPM, also will be available. An eight-hour fast is recommended for lab work.

Pre-registration is requested with the Excelsa Health Call Center, 1-877-771-1234. The first 150 registrants receive a RealTreet T-shirt.