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## NCL 'Love Your Heart' Event a huge success

Submitted by Laura Dillard



The NCL Acalanes Area Chapter celebrates "Love Your Heart" with help from the American Heart Association, Joy in Motion, Amphora Nueva and Dr. Mary Donnelly. Photo provided

also made 150 heart pillows for the John Muir Cardiac Center in Concord to aid patients as they recover from cardiac surgery. The "Love Your Heart" event was a huge success.

National Charity League is an organization of mothers and their daughters in seventh to 12th grade that focuses on community service, leadership development and cultural experiences.

Each year NCL chapters from across the nation join together to support one philanthropy organization under the National Philanthropy Initiative. On Feb. 24, over 150 members of the NCL Acalanes Area Chapter came together to support the American Heart Association. This special event's theme was "Love Your Heart" and included heart healthy dancing led by Justin Cole from Joy in Motion, heart healthy oils and vinegars by Nate Bradley of Amphora Nueva, and a healthy heart discussion with Dr. Mary Katherine Donnelly, chair of the nursing department at the University of San Francisco. The chapter learned about maintaining a heart healthy lifestyle by focusing on "Life's Simple 7": managing blood pressure, controlling blood cholesterol, reducing blood sugar, not smoking, eating a healthy diet, maintaining a healthy weight and daily physical activity. The chapter

Reach the reporter at: [info@lamorindaweekly.com](mailto:info@lamorindaweekly.com)

[back](#)

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