



# NALPN

NATIONAL ASSOCIATION OF LICENSED PRACTICAL NURSES  
"The National Voice of LPN's"

March 2, 2016

## Our Mission

The National Association of Licensed Professional Nurses (NALPN) is the professional organization for licensed practical nurses and licensed vocational nurses and practical/vocational nursing students in the United States

## Heart Disease is the #1 Killer of Women

Although significant progress has been made in increasing awareness among women that heart disease is their #1 killer (from 34 percent in 2000 to 56 percent in 2012) many still fail to make the connection between its risk factors and their personal risk of developing heart disease. In fact, this disease kills one out of every four American women.

The Heart Truth created and introduced the Red Dress® as the national symbol for women and heart disease awareness in 2002 to deliver an urgent wake-up call to American women. The Red Dress® inspires women to take action to protect their heart health.

While heart disease risk begins to rise in middle age, heart disease develops over time and can start at a young age, even in the teen years. It's never too early, or too late, to take action to prevent and control the risk factors for heart disease. The Heart Truth is building awareness of women's heart disease and empowering women to reduce and prevent their risk. It is reaching women with important heart health messages in community settings through a diverse network of national and grassroots partner organizations.

The Heart Truth education program is sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health (NIH), U.S. Department of Health and Human Services (HHS) in partnership with The Office on Women's Health (OWH) and other groups committed to the health and well-being of women.

## President Message

Welcome to the newest edition to the NALPN newsletter where we will provide, monthly updates to our membership! We have a new website, new look, and a new attitude! If you haven't visited the website, please do so at [www.nalpn.org](http://www.nalpn.org) and follow us on twitter and Facebook. Your opinion matters, please contact any board of director for suggestions or improvements. We are here for you!

*Beverly Morgan*

## Save the Date! NALPN Convention, Biloxi, MS October 4th-7th

Join NALPN for the 67th Annual Convention on the beautiful Mississippi Gulf Coast. We are proud to announce our featured Keynote Speaker, Dr. Romeatrius Moss, active duty Air Force Major and President/CEO of Black Nurses Rock; a National Black Nurse organization with a following of over 150,000. "Be the CEO of your Life", will be the topic for this dynamic speaker as she will motivate you to control of your life, take advantage of opportunities, and live life to the fullest!

March Madness promotions are in full effect! Save on your convention registration as well as 50% of membership today! Visit our website at [www.nalpn.org](http://www.nalpn.org) for more information. Don't miss out on the opportunity to get certifications to expand your skills as a nurse!