



For Immediate Release

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From Heart Attack Scare to Half-Marathon Brown & Toland Physicians Recognizes “Heart Champion”

SAN FRANCISCO, CALIF. (May 13, 2009) Brown & Toland Physicians and the American Heart Association are proud to award Lisa Marie Harrison of San Ramon the inaugural Heart Champion Award. This honor is given to a Bay Area woman who has made dramatic improvements to her health through diet and exercise.

Harrison at one time weighed 235 pounds and smoked heavily. After a heart attack scare, she turned her life around. Now the 46-year-old counts herself as a smoke-free Jazzercise aficionado who is 75 pounds lighter. Recently, she rediscovered her love of running and competed in a half-marathon.

“We’re proud to be honoring her amazing achievements,” said Kelly Adler Schueler, RN, an Associate Vice President at Brown & Toland Physicians. “Lisa is a great example for every woman who wants to make positive changes to her lifestyle in the name of health.”

Brown & Toland presented Harrison with the award at the American Heart Association’s Go Red for Women Luncheon on May 1 at the Westin St. Francis Hotel in San Francisco. The event raised \$300,000 for the American Heart Association’s Go Red for Women campaign, a movement to raise awareness about heart disease in women. Heart disease is the No.1 killer of women in the United States.

To learn more about Go Red for Women, visit www.GoRedForWomen.org.

About Brown & Toland

Brown & Toland Physicians has 1,500 doctors caring for close to 160,000 HMO patients and 120,000 PPO patients. Brown & Toland receives numerous awards for its medical excellence and preventative health care services. For more about Brown & Toland, visit www.browntoland.com.