

H.Y.P.E. Kidz Nation Presents

“Our Angel’s Heart Story Honoree”



February 16, 2014

“Hi my name is Gloria Roberson. I am 56 years old and I have heart disease, which is hereditary in my family. I had my first heart attack when I was 50 and doctors put in a stent to help with the blood flow in my heart. That gave me a little scare, and I am grateful to have survived my heart attack. Soon after, I realized that visits to the cardiologist were going to be a part of my daily life. I also came to the reality that my life was going to have to change in order to keep this disease under control.

So, I had to commit to not only exercising regularly, changing my eating habits, but most importantly, having a positive outlook on life in order to beat the deadly disease. I also had to take preventive measures to control and regulate my heart such as monitoring my blood pressure, watching my cholesterol levels, keeping my weight stable, reducing my stress, abandoning smoking and consuming alcohol; and getting to know my doctor really well because I’d be seeing him a lot.

But even all this hard work and diligence couldn’t stop my body from welcoming a second heart attack at the beginning of February 2014, and [remarkably] having another stent put in, while the first one had to be unclogged.

You may say I’m one strong lady whose boldly battling heart disease and coming out on top, but none of this matters, unless “I” educate others on this arduous illness and help build awareness to all those that are unaware of the risks and symptoms. I am a survivor of heart disease and I will not let it to control my purpose here on earth. Thank you to H.Y.P.E Kidz Nation for celebrating my bravery, and efforts in having a healthy heart. “A healthier heart, is a happier you,” just as Mrs. Anderson stated.”

Proceeds from the Wine and Jive go towards a pampering weekend for Honoree Ms. Roberson.