

**February 11**  
at  
Great Lakes  
Crossing Outlets



Presented by



Special thanks to  
Fabian Fregoli, MD, Family Physician and



**ST. JOSEPH MERCY OAKLAND**  
SAINT JOSEPH MERCY HEALTH SYSTEM

## The effects of a cold home are more **dangerous** than you may think.

- When exposed to cold temperatures, your body begins to lose heat faster than it can produce it. The result is hypothermia, or abnormally low body temperature.
- In homes, victims of hypothermia are often either elderly people with inadequate food, clothing, or heating; or babies sleeping in cold bedrooms.
- Infants lose body heat even more rapidly than adults, and are unable to create sufficient body heat by shivering. Those less than one year of age should never sleep in a cold room.
- In older children and adults, body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous, because a person may not know it is happening and will not be able to do anything about it.
- The United States National Institute on Aging suggests setting your heat between 68 and 70 degrees, and warns that people who are sick may also have special problems keeping warm.

**Help us make a difference.**

**Sponsor, Walk, Volunteer**

**All proceeds raised will go towards heating homes in Oakland and Livingston Counties.**

[www.olhsa.org/walkforwarmth](http://www.olhsa.org/walkforwarmth) | [facebook.com/OLHSA](https://facebook.com/OLHSA)

*Walk for Warmth is the area's premier winter fundraiser. 100% of all proceeds benefit our friends and neighbors facing heating emergencies. Walk for Warmth funds Emergency Utility Assistance through OLHSA, A Community Action Agency.*