



American Heart Association's 2006 Go Red For Women Conference

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For more information or to buy tickets contact the American Heart Association Lubbock Office at 762-6599

Go Red For Women is the AHA's nationwide movement celebrating the energy, passion and power we have to band together and wipe out heart disease. Too few people realize that heart disease is the No. 1 killer of women—and of men—but the good news is that heart disease can largely be prevented. Spreading the Go Red For Women message—love your heart—raises awareness of heart disease and empowers women to reduce their risk. Women who understand their risks of heart disease, and know the steps to prevent it, are better equipped to avoid this serious—and mostly preventable—threat to their health. Attend the Go Red For Women Luncheon to learn more on how to prevent heart disease and take charge of your health.

- Date:** Wednesday, May 17, 2006
- Location:** Lubbock Memorial Civic Center
- Tickets:** \$25 per person / \$250 for a reserved table of 8
- Registration:** 9:00–12:00
- Health Fair / Screenings:** 9:00–12:00 BMI, Blood Pressure / O2 Saturation,
& Varicose Vein provided by Covenant
- Cooking Demonstration:** 9:00–12:00 Tyra Carter, PhD, RD, LD United Supermarkets
- Heart Health Seminar:** 10:00–10:45 Dr. John J. Iacuone “Childhood Obesity”
- Pilates Demonstration:** 11:00- 11:45 Leah Sperry Covenant Lifestyle Centre
- Heart Healthy Lunch:** 12:00–1:00
- Keynote Presentation:** 12:30-1:30 *Zonya Foco, America's Nutrition Leader*, Registered Dietitian, Certified Health and Fitness Instructor, best-selling author, television host.

Zonya, is on a mission to win the war on obesity, diabetes and heart disease. Her easy humor and dynamic style drive home the message that, when it comes to health and nutrition, each of us can change our lives with The Power of One Good Habit.



Covenant is the Sponsor of Lubbock Goes Red For Women

American Heart Association Lubbock Office 4630-50th Street, Ste 400 / 762-6599