

Get ready!
Get set!

Go Red!

Join us for our annual
Go Red For Women Luncheon

Wear it. Feel it. Live it. Discover how
a red dress can help protect your life
...and the lives of your loved ones.

Love Your Heart and Go Red — The Go Red For Women movement gives women the power to significantly reduce their risks of heart disease and live longer, healthier lives. Too few people realize that heart disease is the number one killer of women as well as men. The good news: heart disease can largely be prevented. Our stylish and educational event will help empower you to take charge of your heart health!

Please wear red!

Thursday, February 15, 2007
8:30 am • Registration
9:15 am to 2:15 pm • Go Red!
Presentations, Demonstrations, Luncheon
& Auction (see reverse for details)

Apple Mountain
Conference Center
4519 N. River Rd.
Freeland

**Space is Limited...
RSVP Today!**

For additional
information, contact:
Denise Henris
Tel: 989.781.5483
denise.henris@heart.org

*A tax deductible donation will
gladly be accepted at the luncheon.*



2007 Go Red For Women Team:

Flury Yelvington,
Chair
Lydia Watson, MD,
Medical Chair
Nancy Barker,
Founding Chair
Pam Boundy,
Past Chair
Georgia Abbott
Jenny Anderson
Melissa Anderson
Jay Arons
Laura Asiala
Mary Batt
Julie Behmlander
Jan Botz
Carole Calvert-Baxter
Elizabeth Camp

Josie Coté
Kathy Czerwinski
Marie Eckstein
Lorna Firchau
Cassie Gambrell
Erin Gaynor
Mary Hart
Kathleen Heyn
Diane Jackson
Millie Jezior
Cynthia Keefe
Jim Keyes
John Kilbourn
Anne Kukla
Anita Lester
Stephanie Liebfritz
Polly Lynch
Bob MacKenzie

Erin Mazurek
Sharon Miller
Kathy Morley
Pam Nash
Julie Nunn
Nina Paquette
Jan Penney
Deb Reardon
Val Robison
Willia Rousseau
Tricia Sommer
Sue St. Charles
Karen Stiffler
Jane Swartz
Martha Thompson
Claudia Wallin
Cheryl Witt



Go Red! Agenda:

8:30-9:15 am Registration, Coffee, Auction

9:15-10:15 am Medical Matters: Physicians Panel

Atypical Presentations of Heart Disease in Women
— *Wendy Biggs, M.D.*

Women's Health Issues: Tests for Women
— *Susan Sallach, M.D.*

Resistance Training & Exercise
— *Tricia Pierce BS, ACSM, Clinical Exercise Physiologist*

10:15-10:35 am Auction Break!

10:35-11:20 am The Heart Smart Gourmet Demonstration

Appetizers/Main Dishes/Dessert suggestions from Chef Craig (Fusion I Café, Bay City), Chef Shari (Shari Gourmet Dining), Chefs Ken and Colleen (Apple Mountain)

11:20-11:40 am Auction Break!

11:40 am-12:30 pm Lookin' Good!

Update your wardrobe to complement your figure type (at every age and stage) with tips from Florida media personality Renee Garrison and the area's leading-edge boutiques: Etcetera, Hoopla!, MeadowCreek Clothiers and The Rockwell House Boutique

Reveal or conceal? You'll learn how!

12:30-1:00 pm Auction Break & Luncheon Preparation

1:00-2:15 pm Third Annual Go Red For Women Luncheon

featuring Zonya Foco, RD, CHFI, CSP, Professional Speaker, Nutrition Expert, Author of "Lickety-Split Meals" and Host of "Zonya's Health Bites" on National Public Television

2:15 pm Auction Check-Out

ALSO FEATURING: Health Checks

Informative Educational Displays

The ever popular "goody bags" – and more!

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