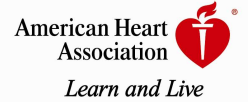


# Go Red for Women Conference and Luncheon

February 26, 2010

Holiday Inn City Centre, Downtown Sioux Falls

Silent Auction and Breakout Sessions: 10– 12 Lunch: 12-1



nationally sponsored by



**Go Red for Women** is the American Heart Association's nationwide movement that celebrates the energy, passion and power women have to band together and wipe out **heart disease, the number one killer of women.** The **2010 Sioux Falls Go Red for Women Conference and Luncheon** raises money for research and education to prevent heart disease and stroke. It also serves as an educational rally for influential women and men in the community who are committed to fighting heart disease and stroke. You'll hear from survivors, experts, and committed volunteers who serve on the front lines of the battle against heart disease about how to decrease your risk and join the fight.

## Breakout Sessions: "A Winning Hand"

**Hearts:** 10 am: You'll learn how your calcium score can identify your risk of heart disease. 10:45 am: How laughter yoga uses simple laughter and breathing to manage stress

**Spades:** 10 am: Foods rich in flavanols can help decrease your risk of a myriad of diseases and help you live a longer and healthier life. 10:45 am: Learn how to calm inflammation in your arteries by adding just a few flavor-packer superfoods to your diet.

**Clubs:** 10 am: How to get the most out of our workouts. 10:45 am: A 69-year-old triathlete tells what inspired him and how to train for a triathlon yourself.

**Diamonds:** 10 am: What to look for in choosing diamonds, as well as the latest trends in fashion jewelry. 10:45 am: How family relationships can make life sparkle

## 2010 Keynote Speaker: Melanie Brown, Wellness Lifestyle Coach

Melanie is a nationally sought-after motivational speaker who focuses on inspiring a positive attitude. As a former nurse, she knows firsthand how "A Winning Hand" in life can help your heart.



**2010 Event Chair:** Helen Hermanson is a retired realtor who lost her husband to heart disease. She devotes countless hours to fighting heart disease and stroke and helping those who have been affected by them.

**2010 Planning Team:** Lynda Billars, Audrey Kloster, Kerri Hammel, Lindsey Meyers, Dr. Maria Stys, Dawn Glazer, Janelle Hoven, Phyllis Fromelt, Sonja Carlberg, Cathy Byington, Janey Johnson, LaVerta Christensen, Jessie Brower (Mrs. South Dakota International), Lynn Otis, Melanie Brown, Sasha Richardson

**Help fight heart disease and stroke and help position your company** as one that cares about its community. 90% of consumers are more likely to buy a product displaying the American Heart Association logo or name. For more information, contact Director of Corporate and Media Relations Jen (Wahle) McKeown at (605) 310-8606 or [jen.mckeown@heart.org](mailto:jen.mckeown@heart.org).

