



Presented by Providence Alaska Medical Center

LOVE YOUR
HEART

Serafine Bourne,
Heart Disease Survivor

GO RED FOR WOMEN
CONFERENCE & LUNCHEON

WEDNESDAY, FEBRUARY 28
DENA'INA CENTER

GO RED FOR WOMEN

CONFERENCE & LUNCHEON SCHEDULE

8:30 a.m. – 11:30 a.m. Morning Conference

- Heart-healthy breakfast
- Health screenings
- Health expo
- Survivor gallery
- Red carpet photos
- Educational breakout sessions
- Silent auction gallery

* Provide your cell phone number to your table host to gain early access to mobile bidding for the silent auction! Silent auction closes at 11:15 a.m.

11:30 a.m. – 1:00 p.m. Luncheon Program

Our 2018 co-chairs, Lynn Rust Henderson and Karen Turner, are pleased to welcome you to the midday program. We'll kick things off with a delicious, heart-healthy lunch and hear from Nancy Olzack who has a very personal reason for supporting the Go Red For Women mission. Then you'll have the opportunity to raise a card in support the American Heart Association/American Stroke Association and finally we'll send you away inspired after our keynote address by Kim Coles: actress, comedian and heart health advocate.



“ Good heart-health boosts our ability to embrace special moments shared with loved ones. Without our health, we can't live, love and laugh. ”

- Kim Coles

MORNING HEALTH SEMINARS

What's Feet Got To Do With It?

9:30 a.m. – 10:15 a.m.

Jennifer R. Jansma, DPM

Presented by: Alaska Foot & Ankle Specialists



Isn't this a seminar on cardiovascular health? It actually is. Our bodies are an amazing machine of efficiency and everything is actually related. Find out what happens when parts of your machine aren't functioning to their full capacity as explored through the eyes of a podiatrist.



Debunking Nutrition Myths

10:30 – 11:15 am

Leslee Rogers, RD, LD

Presented by: Providence Alaska Medical Center

How often do you find yourself confused about the latest nutrition headline? Whether you follow a low-carb or low-fat diet, or a different diet entirely, this seminar will debunk common nutrition myths and help you navigate current nutrition guidelines.

There is no “one size fits all” approach, so join us as we try to clarify the confusion surrounding conflicting nutrition claims to find wellness and better heart health.

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AnchorageGoRedLuncheon.heart.org