

TRINITY REGIONAL HEALTH SYSTEM NEWS RELEASE

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Go Red for Women luncheon tickets now on-sale

Tickets for the American Heart Association's 2012 Go Red for Women event are now on-sale. Presented locally by Trinity Regional Health System, this year's event will be held Wednesday, Nov. 7, at the RiverCenter in Davenport. Doors open at 10:30 a.m. for educational breakout sessions, silent auction bidding and the vendor fair. Lunch and speakers will begin at noon. Guest emcee for this year's event is Kay Luna of the Quad-City Times.

The Go Red for Women event aims to educate women about their risk of stroke and heart disease – the No. 1 killer of women – and what they can do to improve their health. Last year a record-breaking 550 women attended the event to learn their risk factors, hear personal stories of heart disease's impact, and learn ways to empower themselves to take charge of their own heart health.

This year's theme "Lights, Camera, Take Action!" puts the focus on what women can do to improve their heart health. Featured speakers at the 2012 event include a keynote address by Trinity heart surgeon Dr. Alyas Chaudhry and a breakout session with Trinity HealthAware team members Jeni Tackett, wellness dietitian, and Stacia Carroll, exercise specialist.

According to the American Heart Association, an estimated 82.6 million American adults have one or more types of cardiovascular disease, including stroke. About 40.4 million of them are 60 or younger. Cardiovascular disease accounts for one of every three deaths, more than the next three causes of death combined.

Funds raised by the Go Red for Women event support cardiovascular research and education for women. Since 1949, the American Heart Association has spent more than \$3.3 billion on research to better prevent, diagnose and treat cardiovascular diseases and stroke.

Tickets are \$35 and may be purchased online at www.quadcitiesgoredforwomen.org. For more information, contact the American Heart Association office at (563) 323-4321 or Kate.Cuellar@heart.org.

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SIDEBAR:

Schedule of events

10:30 a.m.: Doors open for vendor fair, silent auction bidding and educational sessions

11 a.m.: Educational session: Jeni Tackett, Trinity wellness dietitian, and Stacia Carroll, Trinity wellness exercise specialist

11:30 a.m.: Educational session (repeated): Jeni Tackett, Trinity wellness dietitian, and Stacia Carroll, Trinity wellness exercise specialist

Noon: Luncheon and Keynote – Dr. Alyas Chaudhry, heart surgeon, Cardiac Surgery Associates, member of Trinity Heart Center team