

RED DRESS

November 2015

SAVE THE DATE

2016 Go Red For Women Luncheon

Wednesday, May 4, 2016
Stamford Marriott Hotel & Spa
9:30 am to 2:00 pm

Join us for a half-day of education, inspiration and empowerment at the
Health & Wellness Exhibition and Learning Sessions

For more information please
contact Deena Kaye at
deena.kaye@heart.org or 203-295-2941



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Go Red for Women Luncheon Keynote Speaker



We are excited to have Dr. David L. Katz as our keynote speaker this year. David L. Katz, MD, MPH, FACP, FACP is the founding director (1998) of Yale University's Yale-Griffin Prevention Research Center, and current President of the American College of Lifestyle Medicine. Dr. Katz is recognized globally for expertise in nutrition, weight management and the prevention of chronic disease, and has a social media following of well over half a million. He has written 15 books to date, including multiple editions of leading textbooks in both Preventive Medicine and nutrition. He has made important contributions in the areas of lifestyle interventions for health promotion; nutrient profiling; behavior modification; holistic care; and evidence-based medicine. A widely supported nominee for the position of U.S. Surgeon General, Dr. Katz has been recognized by Greatist.com as one of the 100 most influential people in health and fitness in the world for the past 3 years (2013-2015).

Share Your Story

Women all over the country come to Go Red for Women to share their story of survival and remembrance. This is a place for women to share their hopes, their fears, and most of all - their fight with heart disease or stroke. By sharing your story, women like you will find comfort in knowing they are not alone. Then, find someone you can connect with - for support or to give support.

[Share Your Story](#)

Upcoming Events

National Eating Healthy Day

Wednesday, November 4th



On this day, Americans are encouraged to commit to healthier eating. Celebrating National Eating Healthy Day is fun and easy! We provide a complete toolkit of materials and how-to information for workplaces, schools, individuals and communities.

[Register now for your free toolkit!](#)

Heart Smart Shopping

Wednesday, November 4th

Noon-1:00pm

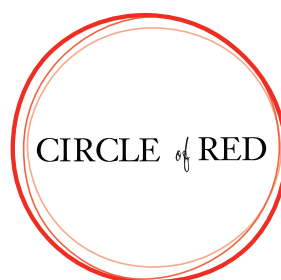
ShopRite -1990 West Main Street, Stamford

Cora Ragaini, RD, Grade A ShopRite's Dietitian will be doing a private tour of the store for our Go Red Passion committee. Cora will answer nutrition questions, provide healthy recipes, and FREE nutrition counseling! She will help you shop healthy and eat right!

Exclusive Circle of Red Member "Cooking with Heart" Event

Thursday, November 5th

White Plains, New York



For information please contact Deena Kaye 203.295.2941 or deena.kaye@heart.org

Wear Red Day

Friday, February 5th

National Wear Red Day for Women is a massive public awareness day the first Friday of each February, urging women, people from all walks of life, businesses, towns, schools, the media, buildings and landmarks to "go red" and "glow red" to bring attention to the leading killers of women - heart disease and stroke. Wear Red Day is our special day to bring attention to this staggering fact. We encourage everyone to wear red, raise their voices, know their cardiovascular risk and take action to live longer, healthier lives. [Click here to learn more and get involved.](#)

Cold Weather Exercising

Worried the cold weather means you'll be stuck inside? There's no reason you need to take break from physical activity when the temperature drops. This free [Guide to Cold Weather Exercising](#) will help you stay fit safely and comfortably through the winter months.



Holiday Eating

The holidays can derail our intentions to eat healthy. On average, Americans gain about a pound around the holidays, which may not seem like a lot, but we usually don't lose this pound. Getting your family to eat heart-healthy, especially during the holidays, takes effort but this free [Holiday Eating Survival Guide](#) includes great tips and recipes to help you navigate the holiday season in a healthy way.

Thank You to our 2016 Go Red for Women Sponsors

Go Red For Women is nationally sponsored by



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