

# Go Red For Women

Join 700 women (and men, too) at the signature event of the Go Red For Women movement in Westchester and Fairfield Counties for a half-day of health and wellness education, empowerment and transformation. Please remember to wear **red**.

**9:30am  
Registration**

**10:00 am  
Learning Sessions**

Own your power to change your life and save your heart. The first step is showing up for yourself. From practical lifestyle changes to cultivating the intangible to fostering leadership and career success, we are talking about the work/life issues that matter most to women. Plan to attend these interactive sessions and be informed and inspired to live your best life.

**11:00 am  
Go Red Power Hour**

Celebrate your commitment to this leading women's health cause with other business leaders and enjoy networking, health screenings and pampering at this pre-luncheon reception.

**VIP Reception**

Join the members of the Executive Leadership Team, Go Red Society, Sponsors, Luncheon speakers and leaders of the movement at this "by invitation only" reception; enjoy photo opps with Emme, a mission briefing, high-level networking and a special sponsor awards presentation.

**12:00 pm  
Luncheon**

Take your seat at the table with other remarkable women, business leaders and influencers to celebrate the power of Go Red For Women and the difference you uniquely make in saving women's lives. Enjoy the company of leaders who share your passion and hear amazing stories of strength and survival followed by an inspirational keynote by Emme.



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Heart  
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*Learn and Live*



**for women**

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[www.heart.org/westchesterfairfieldgoredluncheon](http://www.heart.org/westchesterfairfieldgoredluncheon)

For more information, please contact Potoula Gjidiija, Regional Director, at 914-640-3262 or [potoula.gjidiija@heart.org](mailto:potoula.gjidiija@heart.org)

You are cordially invited  
to the

## Go Red For Women Annual Luncheon & Learning Sessions

**March 24, 2011  
9:30am to 2:00pm**

**Hyatt Regency Greenwich  
1800 East Putnam Avenue  
Old Greenwich, Connecticut 06870**

*Share our mission to fight heart  
disease — the No.1 killer of women.*

Cause Partner



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**MorganStanley  
SmithBarney**



photo: Nitsan Tai

**Keynote Speaker:**

**Emme**

**TV Personality, Body Image  
Expert and Author**



**Emcee:**

**Prof. Traci E. Alexander**

**Award-Winning Journalist and  
Communication and Leadership Expert**



**Guest Speaker:**

**Dr. Robi Ludwig**

**Nationally Known Psychotherapist, Award-  
Winning Journalist and Author**

Media Sponsors





# Learning Sessions

Your choice of 2 of 3 sessions

## Session I

### Own Your Health: Choosing to Live Longer

Sponsored by: **Stamford Hospital**

Nine out of ten women have at least one risk factor for heart disease. One out of every six people has Metabolic Syndrome, a group of risk factors -- high blood pressure, high blood sugar, high cholesterol levels, and belly fat -- that increases the risk for coronary artery disease, stroke, and type 2 diabetes. Join **Dr. Bismruta Misra, Endocrinologist; Dr. Joseph Feuerstein, Integrative Medicine and Dr. Evelyn Cusack, Cardiologist, from Stamford Hospital's Heart & Vascular Institute** for an informative panel discussion about reducing your risks by making better lifestyle choices.

## Session II

### Own Your Success: Leading from the Heart

Sponsored by: **Webster Bank**

This session will reveal how you can own your own success. **Wendy Kaufman, CEO of Balancing Life's Issues, Inc.** will share big ideas for women aspiring to the C-Suite. Learn how to ride the power dynamic shift to emerge on top by leveraging this unique economic moment when women are the majority in the workforce and dominating in management roles. Still women aren't getting the corner office but not for lack of aspiration or motivation but because we haven't leveled the playing field just yet. Join this timely dialogue for great advice and lessons learned for overcoming the distinct career challenges women face and discover insights for balancing professional success and personal fulfillment.

## Session III

### Own Your Life: Authoring a Healthy Legacy

Sponsored by: **The Sun Products Corporation**

This empowering session dares you to become the author of your own life, to face your personal challenges, be fearless, and tap into your true power for better health. Learn how to give yourself permission to choose YOU, abandon your excuses, and replace them with positive and proactive steps for taking action to change your life and inspire the same in others. Join presenter **Beth Weissenberger, Co-Founder/ Partner, The Handel Group**, for a deeper conversation about owning the power to rewrite your path to living authentically, healthily and purposefully.

**Pictured:** Select Members of the Executive Leadership Team and Go Red Society. Left to right: Kara Underwood, Jean Marie Connolly, Catherine Avery, Rona Siegel, Kelley Connors, Kathy Silard, Kathryn Corbally, Susan Yubas, Anne Ring, Dr. Linda Cuomo.  
photo: Venture Photography, Greenwich, CT



# Thank you to our volunteer leaders

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of Briarcliff Manor

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# You're Invited

**Go Red For Women  
Annual Luncheon & Learning Sessions**

**Make It Your Mission to Fight Heart Disease & Save Women's Lives**