

MAKE IT YOUR MISSION

TO FIGHT HEART DISEASE IN WOMEN



Susan M. Crossett

Invites you to join us

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Be well

Thursday, November 1, 2012

Holiday Inn Convention Center, Liverpool, NY

Take time to celebrate and capture the spirit of a life-changing cause empowering women to be heart healthy! Mark your calendar for this red letter day, which includes interactive educational experiences, presentations, spa experiences, nutrition tips and more!

Schedule of the day

9:30 AM - 12:00 PM Registration, Health screenings, Heart Healthy Vendor Displays, Spa Treatments, and much more!

10:30 am - 11:00 am Breakout Sessions:

- Session I: BetterU – A Healthy Life Style Change
St. Joseph's Hospital Health Center
- Session II: Financial Health and Wellness
AmeriCU Credit Union
- Session III: CPR: Learn a Lifesaving Skill

11:15 am - 11:45 am Breakout Sessions again will run concurrently

12:00 PM

Luncheon & Program

Keynote Speaker - Kelly MacFarland

Inspirational Speaker - Leisha Nicole Tedford, MSW

For additional event information, or to purchase individual tickets for \$75 visit

www.heart.org/syracusegored

RSVP with guest names and email addresses by Friday, October 12th via email

goredsyracuse@heart.org or 315.234.4744



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