

*Rediscover your heart's truth...*

*Go Red  
For Women*<sup>®</sup>

**Annual Luncheon &  
Learning Sessions**

*You're Invited*

Signature Sponsor:





*Red*efine your purpose

*Red*esign your health

*Red*iscover your heart's truth

The truth is: our lives are in our hands. The facts are clear. More women die of heart disease than all forms of cancer combined. Unfortunately, the killer isn't as easy to see.

Go Red For Women is the American Heart Association's national movement, created by women, for women, dedicated to uncovering the truth about women and heart disease: heart disease can kill you or a woman you love.

Learn more about women and heart disease  
*Share your experience*  
**Go Red**  
Make a difference  
*Wear Red*  
Donate for lifesaving research **Make healthy lifestyle choices**  
**Take Action**  
**Learn CPR**  
**Volunteer**  
**Join a Passion Committee** *Tell 5 women you love*  
**Go Red**  
*Help save lives today*  
Volunteer **Take Action** **Learn CPR**  
Learn more about women and heart disease  
**Share your experience**  
**Go Red**  
Make a difference  
**Wear Red**  
Donate for lifesaving research **Make healthy lifestyle choices**



**American Heart Association®**

*Learn and Live*



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

# American Heart Association

cordially invites you  
to the

*9th Annual*

## *Go Red For Women<sup>®</sup> Luncheon & Learning Sessions*

**Thursday, March 8, 2012**

9:30 am to 2:00 pm

**Hyatt Regency Greenwich**

1800 East Putnam Avenue, Old Greenwich, Connecticut

Photo: courtesy of the Food Network



**Celebrity Guest Speaker:**

**Anne Burrell**

Food Network Chef, Host of *Secrets of a Restaurant Chef* and *Worst Cooks in America*,  
Author of *Cook Like a Rock Star: 125 Recipes, Lessons, and Culinary Secrets*



**Woman of Heart honoree  
and guest speaker:**

**Dr. Suzanne Steinbaum**  
National spokesperson for Go  
Red For Women and Director  
of Women and Heart Disease  
at the Heart and Vascular  
Institute of Lenox Hill Hospital



**Emcee:**

**Traci E. Alexander, EdD**  
Award-Winning Journalist  
and Communication and  
Leadership Expert

*Join us for an empowering  
and transformative event...*

*Please wear red.*

# Thank you to our sponsors



**American  
Heart  
Association®**

*Learn and Live*



**for women**

Nationally Sponsored By



**MERCK**

*Be well*

Cause Sponsor



Signature Luncheon Sponsor



Red Tie Healthy Hearts Society



Survivor Gallery



Go Red Society



Leading Ladies Breakfasts



Women's Leadership Breakfast

**Morgan Stanley  
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Gift of Choice provided by Wilson & Son Jewelers

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Red Tie Healthy Hearts Society



**WESTCHESTER  
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# Event Agenda

**9:30 am**

## **Registration**

**10:00 am**

## **Learning Sessions**

Information, ideas and inspirations to help you live a longer, stronger, happier life. Plan to attend these interactive breakouts and be part of the conversation that will change your life.

**11:00 am**

## **Go Red Power Hour**

Reclaim your power to bring more well-being into your life. Enjoy health screenings, silent auction, pampering, photo opps and much more at this pre-luncheon networking 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.

**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.



Photo: courtesy of the Food Network

## **Celebrity Guest Speaker:**

### **Anne Burrell**

**Food Network Chef, Host of *Secrets of a Restaurant Chef* and *Worst Cooks in America*, Author of *Cook Like a Rock Star: 125 Recipes, Lessons, and Culinary Secrets***

With her trademark spiky blond hair and pumped-up personality, Anne Burrell has worked at some of the top restaurants in New York, studied the culinary landscape and traditions of Italy, battled alongside Mario Batali as his sous chef on Food Network's *Iron Chef America*, and written a New York Times best-selling cookbook.

Anne eliminates the intimidation of restaurant dishes and reveals concise, easy-to-master techniques for the at-home cook on her Food Network series, *Secrets of a Restaurant Chef*. Anne also co-hosts *Worst Cooks in America*, a prime-time reality show where Anne leads a team of hopeless home cooks from around the country through culinary boot camp. In 2011, Anne published her first cookbook, "*Cook Like a Rock Star*," which gives home cooks the confidence and support to be rock stars in their own kitchens. And, in the fall of 2011, Anne starred in her own right on *Next Iron Chef: Super Chefs*.

Anne is currently focusing on new episodes of both of her hit shows and has begun work on her second book. Anne feels fortunate to have found a field that satisfies her so completely. "I feel so lucky that I have found my true passion in life."

# Learning Sessions

Your Go Red experience includes a selection of breakouts to help you be more empoweRED to REDesign your life choices to attain good health, balance, vitality and prosperity.

## Session 1: Mind Over Matters of the Heart

Sponsored by Stamford Hospital

*Speakers:*

Joseph Feuerstein, MD, *Director, Integrative Medicine*

Kathleen Sanders, APRN *Program Director, Mind-Body Medicine*

Rita Trieger, *Founder and Editor-in-Chief of Fit Yoga magazine and Yoga Master*

It's time to reclaim a moment-by-moment awareness of your life. Stress less, lose weight, and be happier and healthier. Learn techniques for mindful living to help you integrate all the elements of who you are--body and mind, heart and soul-- enabling you to engage in your well-being with increased awareness around all the choices you make... and only then can you live longer, stronger and more fully in the moment. Be present. Be well.

## Session 2: Live For Your Heart

Sponsored by Stamford Hospital

*Speakers:*

Michael Coady, MD, *Chief and Program Director of Cardiac Surgery, Stamford Hospital*

Evelyn Cusack Landesman, MD, *Cardiologist, The Heart Physicians*

Ted Portnay, MD, *Director of Interventional Cardiology, Stamford Hospital*

It's time to get personal about your health. Ask the doctors your most pressing health questions and get off your chest what is weighing most heavily on your heart. Join in this candid conversation and discover how to protect your heart, understand your risk factors and learn the symptoms of a heart attack and treatment options. All women face the threat of heart disease and only you are responsible for changing your life. This session could save your life or that of a woman you love.

## Session 3: Sustainable Success – The Secret to Having It All (and knowing when you've had enough)

Sponsored by Webster Bank

*Speaker:* Tevis Rose Trower, Founder, Balance Integration Corporation

Put simply: having it all means choosing what has to go. Between "must attend" meetings and "gotta do" commitments, much of daily life is the residue of habits we have long outgrown. Join renowned executive guru Tevis Rose Trower in an exploration of what lies in your own gap between getting by and soaring. You'll take a good look at what you're doing in support of your own success, and leave oriented in specific and realistic actions to support your sustainable BEST.



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\* Go Red Society Member ♥ Past Campaign Chair ♦ Executive Leadership Team Member

<sup>1</sup> Leadership Development Task Force Chair <sup>2</sup> Open Your Heart Committee Chair

<sup>3</sup> Silent Auction Committee Chair

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## 2012 Red Tie Healthy Hearts Society

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President, New England Region  
First Niagara

### Chairman

John Tolomer  
President & CEO  
The Westchester Bank

### Honorary Chairman

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Morning Show Co-Host  
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