



## 2013 Go Red For Women Luncheon Benton Harbor/St. Joseph

*Go Red for Women is the American Heart Association's nationwide movement and social initiative designed to empower women to take charge of their heart health.*

*Take your seat at the table. Join other outstanding and dedicated women and men at the **2013 Benton Harbor/ St. Joseph Go Red Luncheon**. Hear the survivor stories, remember the expert advice, and **Make it Your Mission to share in the commitment to fight the No.1 killer of women.***

**WHAT:** Go Red for Women encourages awareness of the issue of women and heart disease and action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and empowers them with the knowledge and tools to take positive action to lead a heart healthy life.

Sponsored by Macy's & Merck, Go Red for Women began in February 2004, and has since grown into a vibrant national movement as more women, men, celebrities, healthcare professionals and politicians embrace and elevate the cause of women and heart disease. Thanks to the participation of millions of people across the country, the color red and the red dress have become linked with the ability all women have to improve their heart health and live stronger, longer lives.

**The Go Red For Women Luncheon** is an empowering event that looks to help women discover unique lifesaving power by learning about heart disease and stroke. It will provide tips and information on healthy eating, exercise and risk factor reduction, such as smoking cessation, weight maintenance, blood pressure control, and blood cholesterol management. The luncheon's activities will include a wonderful lunch, fabulous speakers and displays.

**DATE:** September 19th, 2013

**TIME:** 10:30 am – 1:00 pm

**WHERE:** Berrien Hills Golf Club  
Reservations must be made prior to the event.

**TICKETS:**

Register online at [www.stjoegored.org](http://www.stjoegored.org)  
Click Tickets or Under Your Event Reserve your Place.

For information, please contact **Krisca Gould**  
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