

You are invited!

"Go Red for Women" Breakfast & Seminar

"When in Doubt...Seconds Count"

Friday, February 6, 2015 • 7 - 8:30 a.m.

Classrooms 1 & 2, Mezzanine Level

Alaska Regional Medical Plaza

1200 Airport Heights

7:00 a.m. - Check-in and breakfast

7:15 a.m. - "When in Doubt...Seconds Count" - Kimberly Verredyt

8:15 a.m. - Door prizes

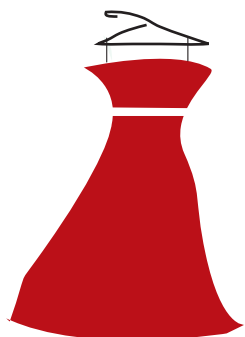
8:30 a.m. - Off to work or start your day in another way!

Join us on *National Wear Red Day* for a free heart healthy breakfast and seminar on women and heart disease, presented by Kimberly Verredyt, a heart attack survivor and Sports Massage Therapist with Advanced Body Solutions, Inc.

Women need to know about heart disease because it is still the #1 killer of women in the United States. Kim will not only tell you her personal story of having a heart attack, but will also emphasize the need for women to listen to their hearts, know their risk factors and the signs/symptoms of a heart attack, and then take action if they have any of those symptoms.

Please wear RED in support of women fighting heart disease. Men are welcome to attend.

Seating is limited. Please reserve your space: audry.patrick@hcahealthcare.com or 264-1113.



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