

The American Heart Association invites you to

**GET UP AND
GO GO**

Go Red

2014 Go *Red* For Women Luncheon

Join us for our annual luncheon, where you'll learn how incorporating heart health into your daily life is easier than you thought! Keynote speaker and "**Sensible Chef,**" **Nikki Shaw**, featured on the popular television series, *The Next Food Network Star*, will share insights that every busy woman can take to heart! Following the luncheon and keynote, stay for an afternoon of free health screenings, nutritional cooking demonstrations, festive libations, interactive exhibitors and giveaways!

Friday, November 21, 2014