



Go Red For Women Luncheon and Conference

May 3, 2013

Wyndham Grand Downtown Pittsburgh

Health Fair

9:00am-12:00pm

Heart Health Screenings, Health Fair and Vendors

Breakouts-9:30am options

Label Logic for Heart Health - KINGS GARDEN EAST

Mark Dinga, MEd, RD, LDN, UPMC Heart and Vascular Institute

Learn practical information to help you understand and use food labels and translate this diet advice into heart-smart food choices.

CPR Anytime- KINGS GARDEN WEST

Jim Hasson, American Heart Association

Learn what to do in case of heart attack, drowning, electric shock, and other heart-stopping problems. Bystander CPR saves lives! The American Heart Association's Family and Friends CPR Anytime training kit teaches you how to administer CPR to an adult, child, or infant.

The Good, Bad, and Ugly of Heart Disease: Impact of Lifestyle - KINGS GARDEN NORTH

Joon Sup Lee, MD, UPMC Heart and Vascular Institute

There have been tremendous advances in treatment of heart disease in the last 50 years and our ability to save lives, yet heart disease remains the number one killer of Americans. It is estimated that up to 80% of heart disease is preventable through lifestyle changes and control of risk factors.

Risky Business: The Stuff of Fortunes- KINGS GARDEN SOUTH

Rebecca Harris, Center for Women's Entrepreneurship at Chatham University

This workshop will discuss how and why women need to take calculated risks in their lives in order to advance. Specifically focusing on business, investment, and career advancement opportunities, this interactive session will look at the reasons women are hesitant to take risks, and will focus on changing this behavior.

Breakouts-10:30am options

Change Your Body, Change Your Life - KINGS GARDEN EAST

Jeffrey A. Gusenoff, MD, UPMC Department of Plastic Surgery

This lecture will discuss the obesity epidemic, treatments for obesity, plastic surgical options after weight loss, and tools for maintaining weight loss.

Cooking Made Simple - KINGS GARDEN WEST

Dean Gress, Wyndham Grand Pittsburgh Downtown

Join Executive Chef Dean as he teaches how to prepare a delicious heart healthy meal.

What Women Need to Know About Men's Health - KINGS GARDEN NORTH

Ana Fadich, MPH, CHES, Men's Health Network

Women are the drivers in the health of their family and particularly for the men in their lives. This session will uncover top issues affecting men's health and what the women who love them can do.

Women's Health: A Q&A Session - KINGS GARDEN SOUTH

Elizabeth Piccione, MD, UPMC Heart and Vascular Institute

Join one of Pittsburgh's premiere female cardiologists as she answers all of your health questions.

Strike a Pose: Yoga in a Chair - LeBATEAU

Kristie Lindblom, Kristie Lindblom Yoga

Experience how almost any yoga pose that can be done standing, sitting, or lying on a mat can be adapted to sitting in a chair. Learn through practice how breathing, meditating, stretching, and strengthening can help lower blood pressure, decrease LDL (bad) cholesterol, decrease lipids, and increase flexibility and relaxation.

Lunch

12:00-1:30pm

Passion Speaker

Amy Heintz, Senior Vice President, Deputy Chief Risk Officer, S&T Bank

As a National Spokesperson for Go Red for Women, Amy shares how heart disease has impacted her life and what she is doing to stop it from impacting other women.

Keynote Speaker

Kelly MacFarland, Comedienne and Motivational Speaker

A former contestant on the Biggest Loser, Kelly will help us to believe in ourselves and to write our own stories. As an professional stand-up comedian, Kelly has an extensive and well-rounded resume including comedy clubs, theaters, colleges and several television appearances. Kelly is also an experienced wellness speaker, coaching individuals about self-acceptance. Sharing her life experiences in a unique way, Kelly leaves audiences pleasantly surprised by her candor.