## PHILADELPHIA MAGAZINE CELEBRATES





## **FEBRUARY IS AMERICAN HEART MONTH**

JOIN THE AMERICAN HEART ASSOCIATION TO **FIGHT THE DISEASE THAT KILLS 1 OUT OF 3 WOMEN** - HEART DISEASE & STROKE.

READ ABOUT LOCAL RESTAURANTS WHERE YOU CAN EAT OUT AND **EAT HEALTHY**, THE REGION'S BEST **HEART DOCTORS** AND THE

IMPACT THEY'RE MAKING, VOLUNTEERS MAKING GO RED THEIR MISSION, AND HOW YOU CAN "ROCK YOUR RED DRESS"

IN SUPPORT OF GO RED.







We know you're not the only one who depends on your heart. And thanks to one of the most comprehensive heart and vascular programs in the region — including Top Docs in cardiology, cardiothoracic surgery and cardiovascular surgery — your heart has a team it can depend on. With advanced, innovative care to treat and prevent heart disease, Einstein's Institute for Heart & Vascular Health provides you with the attention you deserve. Not only for you, but for those who depend on your heart as well. Call today for an appointment.

Even if your heart belongs to take care of it. We'd love to take care of it.







## WHEN IT COMES TO HEART DISEASE AND STROKE. CAN BE THE CURE









Each February, the American Heart Association's Go Red For Women movement asks all women to join us by wearing red, living a healthy lifestyle and spreading the message that heart disease is killing our mothers, daughters, sisters and friends.

Women are strong. We are smart. We solve problems. Women can do anything men can do. And, there are some things where we're even better-dying of heart disease and stroke.

Each year, 1 in 3 women die of heart disease and stroke. But we can change that, because 80 percent of cardiac events can be prevented with education and lifestyle changes.

Here are two ways you can make a change today:

- Go to GoRedForWomen.org to learn what you can do to reduce your risk of heart disease
- Encourage your family and friends to take small steps toward healthy lifestyle choices to reduce their riskfor heart disease and stroke, too.

When you get involved in supporting Go Red For Women by advocating, fundraising and sharing your story, more lives are saved. More than 620,000 women have been saved from heart disease and stroke over the past 10 years and about 300 fewer women are dying per day.

Women who are involved with the Go Red movement live healthier lives.

- Nearly 90% have made at least one healthy behavior change.
- More than one-third have lost weight.
- More than 50% have increased their exercise.
- More than 40% have checked their cholesterol levels.
- One third have talked with their doctors about developing heart health plans.

For more than a decade, the American Heart Association has sponsored National Wear Red Day® to raise awareness in the fight against heart disease in women. Celebrate National Wear Red Day with Go Red For Women on Friday, Feb. 6, 2015 to help fight women's No. 1 killer-heart disease. Join the Go Red movement to end heart disease in women by making a donation to fund critical, women-related research and education.

When it comes to beating heart disease and stroke, change can be the cure. Make a change at GoRedForWomen.org.

Lori Reiner

Partner-in-Charge, EisnerAmper LLP Chairperson, AHA Executive Leadership Team Jeanine Romanelli, MD Cardiologist Lankengu Medical Center

Spokesperson, Go Red for Women

Danielle Duffy, MD

Assistant Professor of Medicine, Division of Cardiology Sidney Kimmel Medical College at Thomas Iefferson University

Director, Cardiovascular Risk Reduction lefferson Heart Institute

Executive Vice President and General Counsel, CSMI; Chair, Go Red For Women Corporate Leadership Team, Philadelphia



## DANIELLE DUFFY, MD

Assistant Professor of Medicine, Division of Cardiology, Sidney Kimmel Medical College at Thomas Jefferson University

Director, Cardiovascular Risk Reduction Jefferson Heart Institute

## **2015 WOMAN OF HEART**

"It's a huge, unexpected honor," says Dr. Danielle Duffy of the Woman of Heart Award she will receive at the 2015 Go Red for Women Luncheon. "I'm proud of the work I'm doing both with the Go Red campaign and on a daily basis with my patients."

A cardiologist at Thomas Jefferson University Hospital who actively promotes a healthy lifestyle, Dr. Duffy has been a member of the Go Red Executive Leadership Committee for three years.

"Go Red fits perfectly with my clinical practice of preventive cardiology," she says. "The campaign does on a large scale what I try to do on a one-on-one basis every day with my patients."

As a physician, Dr. Duffy not only supports the Executive Leadership Committee's fundraising efforts, she also provides a medical perspective for potential donors. In addition, Dr. Duffy is this year's chairperson for Go Red's Heart Champion Society.

"This is a new giving society for individual donors who give \$1,000 to \$5,000," says Dr. Duffy. "Such a significant personal commitment deserves special recognition, and through the Heart Champion Society, we can recognize these individuals appropriately."

Become a Heart Champion and donate today by contacting Margaret Walker at 215-575-5258 or margaret.walker@heart.org

#### 2015 WOMAN OF HEART

EACH YEAR, THE GO RED FOR WOMEN CAMPAIGN RECOGNIZES ONE OUTSTANDING HEALTHCARE
PROFESSIONAL WHO MAKES IT HER MISSION TO MAKE A DIFFERENCE IN THE LIVES OF THOSE WHO HAVE BEEN
IMPACTED BY HEART DISEASE. WE ARE PLEASED TO HONOR DANIELLE DUFFY, MD, AS THIS YEAR'S
WOMAN OF HEART.



# IT TAKES A TEAM TO KEEP A WOMAN'S HEART HEALTHY

Our cardiac experts understand the unique heart health needs of women. In fact, we're proud to feature twelve female cardiologists on the **Lankenau Heart Institute** team. From prevention and diagnosis to treatment and rehabilitation, we're proving that when it comes to matters of the heart, a woman's insight is irreplaceable.



Search: Lankenau Heart



# JEANINE ROMANELLI, MD

Cardiologist, Lankenau Medical Center Spokesperson . Go Red for Women

# "KNOWING THE SIGNS AND SYMPTOMS OF HEART DISEASE

ISN'T ENOUGH,

WOMEN NEED TO ACT WHEN SOMETHING IS WRONG."

#### WHAT LED YOU TO BECOME A CARDIOLOGIST?

I was actually a pre-veterinarian major as an undergrad, but I changed my mind and decided I wanted to focus on orthopedics. Then in medical school I quickly realized I wanted to specialize in cardiology. I loved the physiology of the heart.

## ONE OF YOUR AREAS OF INTEREST IS DEPRESSION AND HEART DISEASE.

During my residency and fellowship I did research on depression after heart attack and in patients with heart failure. Patients who are depressed don't do as well, they're not as compliant with medications or rehab. It makes a big difference if I talk to my patients about it. They are often relieved that I brought it up, to know it's a normal reaction to what they are going through.

## DO YOU HAVE ANY PERSONAL STORIES OF HEART DISEASE IN YOUR FAMILY?

No, but I did have an aunt who was having chest pains for about a year before someone said to her that it might be her heart. She ended up needing bypass surgery and when I visited her she said, 'I just thought it was that reflux thing everyone talks about.' This is the classic problem we have with women and heart disease.

## WHAT ADVICE DO YOU GIVE PEOPLE TO STAY HEART HEALTHY?

Don't sit in front of the TV, find something you like to do and do it. It can be walking, dancing, biking, gardening, whatever... you just need to be up and moving. And find someone to do it with you. That makes a big difference and keeps you motivated.

## WHAT CHANGES HAVE YOU SEEN IN THE FIELD OF CARDIAC MEDICINE?

We didn't have drug-eluding stents when I was a resident. Surgical procedures are safer and much less invasive. Medications for treating heart attacks have improved. Patients in their 90s are having valves replaced, providing them with a better quality of life. Even 10 or 15 years ago I would have found some of these things hard to believe.

## WHAT DO WOMEN STILL NEED TO KNOW ABOUT HEART DISEASE?

Knowing the signs and symptoms of heart disease isn't enough, women need to ACT when something is wrong. If you're having symptoms, go to the ER.





## LORI REINER

Partner-in-Charge, EisnerAmper LLP
Chairperson, AHA Executive Leadership Team

## GOOD COMES OUT OF TRAGIC LOSS

"My father had a heart attack and died when I was seven years old. He was only 53," says Lori Reiner, chairperson of the Go Red for Women Executive Leadership Team. "That was a monumental event for me. My mother ultimately passed away from heart failure also. I've always been aware of the dangers of heart disease."

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The Executive Leadership Team, chaired by Reiner, exists to raise awareness and funds for the American Heart Association's (AHA) Go Red for Women campaign. The fundraising goal this year is \$1.2 million.

"We started planning as soon as the Go Red for Women Luncheon was completed last May," says Reiner. "By our first official meeting in September, we had already raised over \$470,000.

"We're always looking for people who understand the significance of heart disease to join our team," she continues. "The AHA returns at least three times the amount it raises in Philadelphia to hospitals in the area. It's a wonderful opportunity to give back."

To learn more about the Executive Leadership
Team, please contact Laura Hollot at



## ANNE PAPAGEORGE

Vice President for Facilities and Real Estate, University of Pennsylvania

> Member, Go Red for Women Executive Committee

## WORKING TOWARD AN AMAZING GOAL

Anne Papageorge was impressed when she attended her first Go Red for Women Luncheon a few years ago in support of a friend.

"When an event stands out you notice and become invigorated," says Papageorge, who was later asked to join the Go Red Executive Leadership Committee, an honor she admits to approaching cautiously. "I'm careful about adding new responsibilities to my schedule," says Papageorge. "But I've found the America Heart Association staff to be very helpful and flexible in tailoring their approach to each individual."

Now in her third year on the committee, Papageorge finds her work with the group rewarding on many levels. In addition to fundraising, she uses educational resources to spread the word about heart disease in her workplace and enjoys the new contacts she has made.

"I've met people from a broad group of industries and professions," says Papageorge. "It's really nice to see all of these successful people working together to achieve an amazing goal."

Sponsorship opportunities are available for the Go Red for Women Luncheon, being held on May 13 at the Crystal Tea Room. For more information please contact Laura Hollot at 215-575-5226 or laura hollot@heart.org



## DANIELLE GUREGHIAN

Executive Vice President and General Counsel for CSMI Incoming Executive Leadership Team Chair for Go Red for Women

## INCOMING CHAIRPERSON ON GO RED: "I WAS HOOKED."

With heart disease rampant in her family, and her husband's near death following heart surgery, Danielle Gureghian has a passion for beating America's number one killer.

"I attended my first Go Red for Women luncheon four years ago, and I was hooked," says Gureghian. "The stories people told about their experiences were so touching that I immediately said, 1'm in!"

Gureghian has been a formidable fundraiser for the campaign – soliciting corporate support and encouraging others to ramp up their fundraising efforts. "It feels good to raise money for such an important cause and know that maybe someday that money can help save someone's life," says Gureghian, who will chair the Go Red for Women campaign in 2015.

Recently, Gureghian found a way to combine her passion for tennis with her Go Red fundraising efforts by partnering with the Green Valley Country Club for "The Best of the Best" – an exhibition tennis match between retired tennis pros Vincent Spadea and Josh Cohen.

"My whole family plays tennis, so this event was a perfect fit for me," says Gureghian.

The Best of the Best will be held at the Green Valley Country Club on February 2:



## VINCENT FIGUEREDO, MD

Associate Chair, Cardiology Division, Einstein Medical Center Philadelphia President, Board of Directors of the Southeastern PA Chapter of the American Heart Association

# "WE NEED TO MAKE PEOPLE UNDERSTAND THAT THEY CAN BE

**IN CHARGE** 

OF THEIR OWN HEART HEALTH ."

#### DO YOU SPECIALIZE IN A PARTICULAR AREA OF HEART CARE?

I'm a preventive cardiologist, which means I help people prevent heart problems before they start. My specialty is treating difficult to control hypertension – a major problem in the African American community where I primarily work, particularly among women.

## WHY DOES HYPERTENSION AFFECT AFRICAN AMERICAN WOMEN MORE?

We're not completely sure why, but we believe there are likely both genetic and environmental components that play a role. We do know that African American women develop high blood pressure earlier in life and it's more difficult to control. They also have a greater degree of complications related to high blood pressure including heart attack and stroke. By working with these patients earlier in life, we hope to get their blood pressure under control and avoid disastrous complications down the road.

## WHAT HAS CHANGED THE MOST IN HEART CARE OVER THE YEARS?

We have gotten much better at treating heart disease once it presents itself. New medications, devices and procedures have prolonged and saved many lives. But while these strides are impressive, the future still lies in preventing heart attacks and strokes in the first place.

## HAVE PATIENTS CHANGED OVER THE YEARS?

I think patients were much more passive in the past ... they did what we (health care practioners) asked of them. Now patients ask more questions and want to understand why we recommend the treatments we do. Patients are seeking more information and are more active in their own health, which are both good things.

## WHAT STILL NEEDS TO BE DONE TO RAISE AWARENESS ABOUT HEART DISEASE?

The American Heart Association has a 2020 Impact Goal, which aims to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent. That's an ambitious goal that is going to require a lot of outreach and education. We need to make people understand that they can be in charge of their own heart health.

## WHAT ARE THE MOST IMPORTANT THINGS A PERSON CAN DO FOR THEIR HEART?

Eat a healthy diet, control your food portions, do not smoke, and exercise regularly. Even if it's a 20 to 30 minute walk five times a week, it's beneficial. The heart is a muscle and it needs exercise





When your heart beats, it doesn't just beat for you. That's why we use our unparalleled expertise to provide individualized care for your heart. It's also why we have dedicated facilities like our new Jefferson Angioplasty Center, a breakthrough collaboration offering non-surgical alternatives for the treatment of complex cardiovascular disease. Acclaimed for pioneering better and safer minimally invasive procedures, our specialists provide a second chance for patients who've been told open-heart surgery is their only option. Because your heart, and those depending on it, deserve the very best second opinion.

Advancing medicine heart by heart.



# We see your heart like no one else.

Jefferson.edu/Angioplasty

1-800-JEFF-NOW

# NATALIE PIERSON, RN, BSN

Lead Heart Failure Nurse Coordinator, Advanced Heart Failure and Heart
Transplant Program, Thomas Jefferson University Hospital
Chairperson, Open Your Heart Committee

"WHEN I SUGGEST SOMETHING TO A PATIENT, I CAN

**HONESTLY** 

SAY I'VE DONE IT MYSELF."

#### WHAT IS YOUR BACKGROUND?

I've been a nurse for more than 25 years, working most of that time with very ill cardiac patients. When I was first offered a job as a heart failure coordinator, I turned it down because I didn't think I was ready. The second time I was asked I said yes.

#### WHAT DOES YOUR JOB ENTAIL?

A lot of teaching, which is a passion of mine. I spend a lot of time educating patients about their disease and motivating them to improve their health. Growing up I wanted to be a teacher, so I'm not too far from my original goal.

## PREVENTING PROBLEMS BEFORE THEY START IS A BIG PART OF YOUR JOB TOO. RIGHT?

Yes, one of our goals is to keep people out of the hospital. I work closely with patients who are at risk of being admitted to the hospital, talking with them several times a week if need be to help them identify risk factors that may land them in the hospital. 'Continuity of care' is a big buzz phrase today – making sure that patients transition successfully from the hospital to home and making sure they have what they need to stay healthy.

### YOU SAY YOU TRY TO LEAD BY EXAMPLE.

I do. Since I spend my days telling patients what to do, I try to practice what I preach – that includes eating right and exercising regularly. When I suggest something to a patient, I can honestly say I've done it myself.

## WHO INSPIRES YOU?

I have a close friend who has had three heart attacks. She's like me – young, a nurse, in good health... but she does have a family history of heart disease. One day she felt nauseous and weak and wisely didn't ignore the symptoms. Even when she called 911 the paramedics didn't believe it was a serious problem. The EKG convinced them otherwise. She has had stents and bypass surgery and is now doing great. But what saved her life was her awareness of her symptoms and her family history. She was her own advocate.

## YOU ARE THE CHAIRPERSON FOR "OPEN YOUR HEART" - WHAT IS THAT?

Open Your Heart involves getting out into the community – hair salons, schools, churches, gyms – and educating women about heart disease. The goal is to empower women to improve their heart health.





SPRING HOUSE, PA. BOWTIES-STYLE.COM

#### 2. MOYNA BEADED CLUTCH

KNIT WIT. 1729 CHESTNUT STREET, PHILADELPHIA, PA. KNITWITONLINE.COM

## 3. VANESSA MOONEY GOLD- MY CHERIE TASSEL EARRING

THE GEISHA HOUSE. 149 N 3RD ST PHILADELPHIA, PA. HELLOGEISHA.COM

URBANDECAY.COM. BEKEBEAU.COM

## 5. MARGO MANHATTAN DRUZY NECKLACE

NICOLE MILLER AT THE BELLEVUE, THE BELLEVUE, 200 SOUTH BROAD STREET, PHILADELPHIA, PA. NICOLEMILLER.COM

## 6. KITE SCARF BY TESSUTI

STYLE CAMP. 8433 GERMANTOWN AVE, PHILADELPHIA, PA. STYLE-CAMP.COM





## This is Allison's.

Allison was just 11 years old when doctors at The Children's Hospital of Philadelphia's Cardiac Center gave her grim news: her heart was so damaged, she needed a transplant. But they also gave her hope, offering the most advanced pediatric cardiac care in the world to help her survive the wait for a donor heart — and thrive after receiving it.

Today, this exuberant sixth-grader glows with health, knowing that her Cardiac Center team will always be right by her side.

Allison, 11, heart transplant recipient

**19 The Children's Hospital** of Philadelphia®





## Be part of the story.

Incredible and inspiring stories are happening every day at the Cardiac Center. See more of them at **chop.edu/heartstories** and learn how you can help our team continue to pioneer lifesaving advances in pediatric heart care.

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# EAT OUT. EAT HEALTHY.

LOCAL RESTAURANT RECOMMENDATIONS FOR TASTY HEART HEALTHY DISHES



## **SCOTTISH SALMON EN PAPILLOTE**

**BLACKFISH** 

19 FAYETTE STREET CONSHOHOCKEN, PA BLACKFISHRESTAURANT.COM



## **BREADS & SPREADS**

**FARM & FISHERMAN TAVERN & MARKET** 1442 NEW JERSEY 70

CHERRY HILL, NI FANDFTAVERN.COM



## **RUTABAGA SALAD**

1221 LOCUST STREET PHILADELPHIA, PA VEDGERESTAURANT.COM



## ROASTED TAUTOG. **SPICY BELUGA** LENTIL, ROOT **VEGETABLE SALAD**

## VERNICK

2031 WALNUT STREET PHILADELPHIA, PA VERNICKPHILLY.COM

## **GO RED VOLUNTEER**



## **GRACE FIRESTONE**

## FROM NEAR DEATH TO THE PEAK OF MT. KILIMANJARO

Grace Firestone was an elite high school athlete who earned 15 varsity letters. A scholar who graduated with a 3.93 GPA, she served as student body president, and founded her own charity, "Let the Kids Play," when she was only 16 years old. Then, just two days after graduating high school, she nearly died from sudden cardiac arrest.

"It all happened in a matter of seconds... I am very lucky to be here," says Firestone.

During what she refers to as "the event," Firestone's heart stopped three times and medics had to fight to keep her alive. She beat the odds and walked out of the hospital 10 days later with an implantable cardioverter defibrillator. She hasn't slowed down since.

Today, Firestone is a college honors student who also plays club soccer and does Crossfit. She continues her work with Let the Kids Play, and in 2012 she climbed Mt. Kilimanjaro to raise money for a Kenyan orphanage. She is also active with the American Heart Association, speaking at area Go Red events and working to help pass legislation requiring high school students to take CPR training prior to graduation and requiring schools to screen athletes for hidden heart conditions.

"I have a new level of appreciation for life now that was not conceivable before," says Firestone. "Today I live in gratitude, and will forever work with conviction to pay forward the dedication of those family members, policemen, and EMTs who refused to give up on me that night."

# WE LOVE BEING CLOSE TO YOUR HEART.



WITH OVER 20 LOCATIONS, THE REGION'S #1 HEART PROGRAM IS ALWAYS CLOSE TO HOME.

Lead with your heart during American Heart Month and make a healthy-heart appointment with an expert Penn Cardiologist, right in your own neighborhood. With the most advanced heart and vascular care available in 20+ locations throughout Pennsylvania and New Jersey, you never have to settle.

To find a Penn Cardiologist near you, call 800-789-PENN (7366) or visit PennHeart.org



## **GO RED VOLUNTEERS**



## JEANINE ROMANELLI, MD

Cardiologist, Lankenau Medical Center Spokesperson, Go Red for Women

## EDUCATING WOMEN TO ACT WHEN HEART PROBLEMS STRIKE

Teaching women the symptoms of heart disease isn't enough, according to Jeanine Romanelli, MD, a cardiologist at Lankenau Medical Center.

"We need women to act on those symptoms," she says. "If you think you're having a heart attack go to the ER!"

A frequent public speaker on the topic of women and heart disease, Romanelli is a spokesperson for the American Heart Association's Go Red for Women campaign.

"I feel very strongly about getting out into the community to inform people about the risks of heart disease and what they can do to prevent it," says Romanelli, who cites a recent study that shows only 50 percent of women having symptoms of a heart problem would go to a doctor.

"Women are more aware of the symptoms, but they still don't act on them," she says. "Women are so afraid of breast cancer, yet heart disease is the number one killer of women, as well as men."



Be good to your heart.

## **Choose Drexel Medicine.**

Trust Drexel Cardiology's renowned physicians to provide the most advanced diagnostic and treatment options available for heart problems.



215.561.HEART (4327) drexelmedicine.org



## NATALIE PIERSON

Lead Heart Failure Nurse Coordinator, Advanced Heart Failure and Heart Transplant Program, Thomas Jefferson University Hospital

Chairperson, Open Your Heart Committee

## "WE GO WHERE THE WOMEN ARE" TO EDUCATE ABOUT HEART DISEASE.

"Takin' it to the Streets" is a well-known Doobie Brothers song, but it could also be the tagline for Open Your Heart – a grassroots organization that sends its members into the community to educate women about heart disease.

"We go where the women are – hair salons, churches, gyms, schools – places where we can talk to them one-on-one about heart disease," says Natalie Pierson, the 2014-15 Open Your Heart chairperson. "By educating women about their hearts we can empower them to improve their health."

One important audience for Open Your Heart is young girls and women.

"It's important that they get educated about heart disease before they develop bad habits like smoking or eating poorly," says Pierson. "Many young people don't realize how a family history of heart disease can affect them."

As Open Your Heart chairperson, Pierson's goal is to expand the number of community engagements and have a committee leader in every Philadelphiaarea hospital.

"Heart disease is closer to home than most women think," she says. "That's the beauty of a grassroots organization like Open Your Heart – it's not someone on TV, it's people talking to people."



Open Your Heart members come from a variet of professions. To join the committee, contact Margaret Walker at 215-575-5258.



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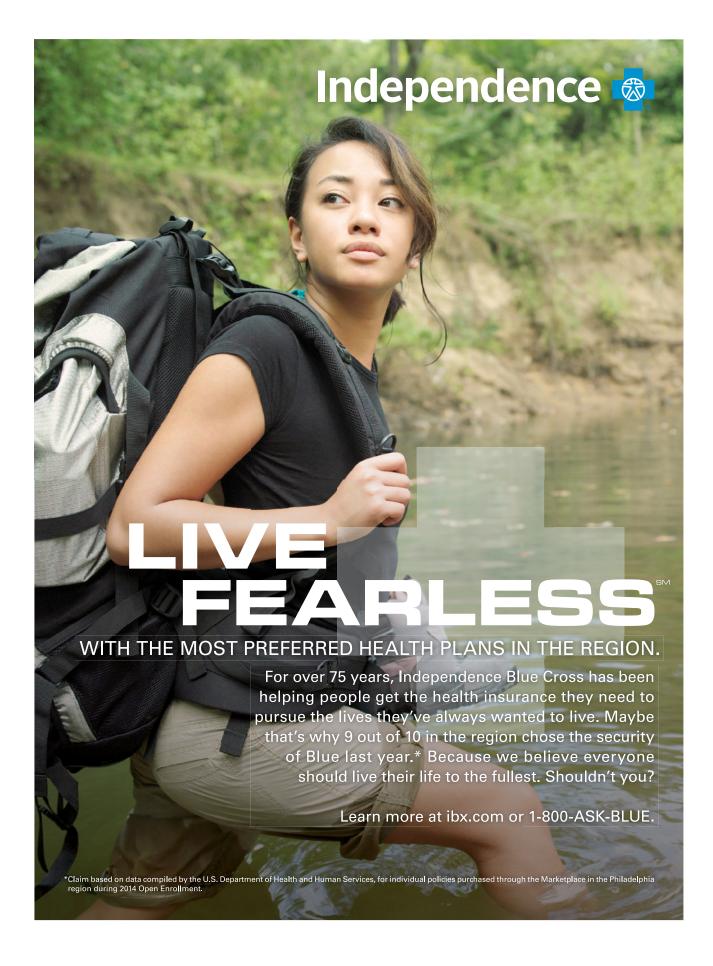
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ARRHYTHMIA MANAGEMENT



For more information, or to schedule an appointment, visit CrozerKeystone.org/heart



## **GO RED IN 2015**

A CALENDAR OF UPCOMING HEART HEALTH EVENTS IN THE REGION.



## FEBRUARY, 2015

#### MAIN LINE HEALTH HOSTS **HEART HEALTH EVENTS** THROUGHOUT FEBRUARY

CALL 1.888.876.8764 OR VISIT MAINLINEHEALTH.ORG/EVENTS

FROM SCREENINGS AND EDUCATION PROGRAMS, TO EATING SMART, WELLNESS WEDNESDAYS, AND SENIOR SUPPERS, MAIN LINE HEALTH HAS SOMETHING HEART HEALTHY FOR EVERYONE

## FEBRUARY 6 🖤



**National Wear Red Day** 

#### FEBRUARY 6

TEMPLE WOMEN GO RED COMMITTEE PRESENTS

#### 1ST ANNUAL GALA BENEFIT -"MOTOWN" NIGHT

7 - 11PM

BEAT STREET STATION IN MANAYUNK

TEMPLEMOTOWNNIGHT. BROWNPAPERTICKETS.COM/

FFATURING GRAMMY AWARD WINNING ARTISTS, MOTHER FATHER SISTER BROTHER (MFSB)

## FFRRIIARY 7

#### **GRAND VIEW HEALTH'S ANNUAL HEART HEALTH FAIR**

10AM - 2PM

THE MONTGOMERY MALL (NEAR MACY'S)

GVH.ORG/EVENT/HEART-HEALTH-FAIR

## FEBRUARY 7 🖤



#### PHILADELPHIA HEART BALL

PHILADELPHIA DOWNTOWN MARRIOTT

## FEBRUARY 11



GO RED AT BOYD'S SHOPPING NIGHT

5 - 8PM

BOYD'S IN CENTER CITY

#### FEBRUARY 17

#### RAYMOND RODRIGUEZ, M.D., **DISCUSSES HEART HEALTH**

12:30 - 3:30PM

CHESTNUT HILL HOSPITAL

215-248-8294

EMAIL CRYSTAL\_GLODEK@CHS.NET

#### FEBRUARY 17

#### DOYLESTOWN HOSPITAL'S LOVE YOUR HEART HEALTH FAIR

4:30 - 7:30PM

CENTRAL BUCKS FAMILY YMCA. **DOYLESTOWN PA** 

215-345-2121

DH.ORG/LYH

## FEBRUARY 21

#### **HEART & SOLE BREAKFAST HOSTED** BY STEVENS AND LEE LAW FIRM

SAKS FIFTH AVE, CITY LINE AVE ROBIN.EDWARDS@HEART.ORG

## FEBRUARY 21 (AND MONTHLY THEREAFTER)

#### WALK WITH A DOC: A CARDIOLOGIST-LED WALKING AND EDUCATION PROGRAM

ST. MARY REHAB HOSPITAL WALKING TRACK, LANGHORNE PA

STMARYHEALTHCARE.ORG/ WALKWITHADOC

### FFRRIIARY 28

#### 7TH ANNUAL JEFFERSON'S **HEART HEALTH DAY**

11:30AM - 1:30PM

KING OF PRUSSIA MALL, LORD & TAYLOR COURT

JEFFERSON.EDU/HEARTHEALTH

MEET PHILADELPHIA EAGLES' JEREMY MACLIN, SWOOP, THE EAGLES CHEERLEADERS AND MERRILL REESE & ENJOY A LIVE COOKING DEMONSTRATION AND SAMPLE DELICIOUS HEART-HEALTHY DISHES

#### FEBRUARY 28

#### **HEALING HEARTS: EMPOWERING WOMEN TO TAKE CHARGE OF THEIR HEART HEALTH**

EINSTEIN MEDICAL CENTER

PHILADELPHIA, GOULEY AUDITORIUM, 5501 OLD YORK ROAD, PHILADELPHIA, PA 19141

EINSTEIN.EDU/HEALINGHEARTSEVENT

INSPIRATIONAL PRESENTATIONS FROM EINSTEIN PROFESSIONALS, FREE HEART HEALTHY BREAKFAST, YOGA FOR BEGINNERS, GIVEAWAYS AND HEALTH SCREENINGS COOKING DEMOS AND DELICIOUS HEART-HEALTHY SAMPLES

## APRIL 17 🖤



#### **HEART SCIENCE FORUM**

8AM - 1:30PM

WHYY-INDEPENDENCE MALL WEST, 150 N. 6TH STREET, PHILADELPHIA

PHILADELPHIAHEART SCIENCEFORUM.COM

#### MAY 4 & 5



#### THE RICHIE ASHBURN MEMORIAL **HOME RUNS FOR HEART**

8AM - 4:30PM

CITIZENS BANK PARK. 1 CITIZENS BANK WAY

HEART.ORG/HOMERUNS

## MAY 13 •

## PHILADELPHIA GO RED

## FOR WOMEN LUNCHEON AND **HEALTH EXPO**

CRYSTAL TEA ROOM, 100 E. PENN SOUARE

PHILADELPHIAGORED/AHAEVENTS.ORG

## NN-GNING

## **DINE WITH THE DOCS**

MERCY FITZGERALD HOSPITAL, **DARBY PA** 

1-877-GO-MERCY

A SERIES OF HEART HEALTH LUNCH AND DINNER EVENTS WITH MERCY HEALTH **PHYSICIANS** 





## Be remarkable. Help us end stroke.

Every 40 seconds, someone has a stroke.

While stroke is the No. 5 killer in the U.S., over eighty percent of all strokes are preventable. The American Heart Association/American Stroke Association is launching a new national initiative, *Together* to End Stroke<sup>™</sup>, to help people understand that stroke is largely preventable, treatable and beatable.

## Learn more at StrokeAssociation.org.



Capture this QR code or go to

StrokeAssociation.org to learn more
about Together to End Stroke and how
you can prevent stroke.



Together to End Stroke™

Nationally sponsored by



# TUR TEAM, OUR HEART



These ladies — and men — represent just a portion of the volunteers who help make the Philadelphia Go Red For Women campaign a success. The members of the Executive Leadership Team lend their voices to educate the Philadelphia community on the importance of taking care of our heart health by engaging their companies and those within their network.









STANDING FROM TOP LEFT: Natalie Pierson, Open Your Heart Chair, Thomas Jefferson University Hospital; Suzanne Mayes, Cozen O'Connor; Lynn Ozer, Susquehanna Bank; Barbara Elias, R.R. Donnelley Global Capital Markets; Nicole Galli, Benesch Law; Kevin Kent, Conrad O'Brien; Marie Pettinos, Siemens; Celeste Ayjian, Northeast Exterminators; Rosemary Loverdi, Dilworth Paxson LLP; Sarah Segal Hudak, M&T Bank; Vahan Gureghian, incoming Men Go Red Chair, Charter School Management Inc.; Veronica Medina, AmeriHealth Caritas; Anne Papageorge, University of Pennsylvania; Robin Sumner, Pepper Hamilton LLP; Heather Sonnenberg, Blank Rome LLP; Becky D'Ambrosio, Pershing LLC; Barbara Wadsworth, Main Line Health; Danielle Gureghian, incoming Executive Leadership Chair, Charter School Management Inc.; Jeanine Romanelli, MD, Lankenau Medical Center; Danielle Duffy, MD, 2015 Woman of Heart, Thomas Jefferson University Hospital; Lori Reiner, Executive Leadership Team Chair, EisnerAmper LLP

NOT PICTURED: JoAnn Magnatta, Main Line Health; Lisa Davis, 1847Financial; Ellen Cavanaugh, PECO.