**Go Red Breakout Sessions Cover Heart-Healthy Topics**

Each woman participating in the Go Red event can choose from three different breakout sessions offering insights into the areas of heart health. All three breakout sessions will be offered twice, at 10-10:30 a.m. and 11-11:30 a.m., on the main level at 5 Sullivan Brothers Convention Center.  In addition, presenting sponsor Allen Hospital is providing free heart-health evaluations through its HeartAware program. Sessions include:

**“Heart-Healthy 30 Minute-Meals,” Western Home Communities**

Husband and wife, Nick and Heidi DuCharme, will present “Heart-Healthy 30-Minute Meals.” Nick is director of dining services for south campus at Western Home Communities. Heidi is manager of 3 Heart at Allen Hospital and former coordinator of the Allen HeartAware program. Nick will do a cooking demonstration on how to prepare heart-healthy meals from start to finish in 30 minutes, and the couple will give ideas on food items to keep on hand for quick and healthy meals.

**“Dance, Dance, Dance,” Allen Hospital**   
Being heart healthy can be fun, and “Dance, Dance, Dance” will showcase a variety of rhythmic dance styles offered in the Cedar Valley. No matter your age, fitness level or dance experience, this session will demonstrate that dance can be an option for your fitness routine. Presenters include Helen Harton, instructor for Prairie Rose Middle Eastern Dance Troupe; Karla Brown, certified Zumba instructor a tap instructor and a salsa instructor. They will give attendees a taste of each dance style, its fitness benefits, and information on local classes and dance groups.

**“Genetics and Heart Disease,” Cedar Valley Cardiovascular Center**

Salam Sbaity, M.D., will present “Genetics and Heart Disease.” Dr. Sbaity is board certified in cardiology and internal medicine. His practice is located at the Cedar Valley Cardiovascular Center and he is affiliated with Allen Hospital.

**Allen HeartAware Evaluations**

The Allen Hospital HeartAware evaluation is a free cardiovascular risk assessment conducted online. It only takes about seven minutes to complete and provides women with personalized and strictly confidential information. The Allen HeartAware program helps you:

* Assess your current cardiovascular health status and identify those medical or lifestyle conditions that may lead to development of the disease.
* Take action to reduce your level of risk, including making you aware of the many services available through Allen Hospital.
* Receive, at your option, free continuing education via e-mail about your specific cardiovascular health and risk factors.

Knowing your risk profile will enable you to take control of your health and provide you with the best defense against cardiovascular disease.