



American
Heart
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Welcome to the Cedar Valley Go Red for Women 2012 event! I hope you are as excited as I am to make a difference in the lives of women in the Cedar Valley!

As a long-time Cedar Falls resident, I understand and know the importance of raising awareness to the Cedar Valley. Heart disease isn't just a man's problem; it is the No. 1 killer of women. Awareness is needed; and with your help, WE can make a difference. There are many ways to contribute:

- **Register** for the November 2, 2012 event
- **Tell** your family/friends about the event
- **Make** a donation—of time or money
- **Understand** your OWN heart health and help encourage to understand theirs

The event planning process is well underway, and there are some great surprises in store. This year we are rolling out the red carpet, so it is sure to be an event worthy of Hollywood fame.

Please join us November 2 at the Five Sullivan Brothers Convention Center in Waterloo Iowa for an event that could change your life—both emotionally and physically.

I hope to see you there!

Sincerely,

A handwritten signature in black ink that reads "Carolyn".

Carolyn Hamrock

Event Chairperson 2012

Vision Development Services, President

Vision Media Services, President