



Go Red For Women Luncheon Educational Breakout Sessions

Join us and other women just like you before the Go Red For Women Luncheon to gain some heart- healthy tips from Cardinal Health, Nationwide, The Ohio State University Medical Center, and OhioHealth.

Where: Hyatt Regency Level 2 – Delaware Rooms A, B, C or D

When: 11:00 am – 11:30 am

Guests may choose to attend one of four Educational Breakout Sessions. To guarantee attendance it is recommended to reserve your session prior to the day of the luncheon.

1. “How much Exercise is Enough Exercise” presented by Cindy Martin, Exercise Physiologist, sponsored by OhioHealth
2. “The 12 Things You Need to Take Charge of Your Heart Health in 2012 ” presented by Dr. Laxmi Mehta from The Ohio State University Medical Center
3. “Making the Healthy Choice the Easy Choice” presented by Cheryl Graffagnino sponsored by Cardinal Health
4. “Better Health and Wellness” presented by Kathleen Herath from Nationwide