

# Boise Go Red For Women Luncheon

Friday, November 9, 2012

Boise Centre

[www.boisegoredluncheon.org](http://www.boisegoredluncheon.org)



## 10:00 a.m. - 12:00 p.m.: Celebration Area Open

- ♥ *Blood Pressure Screenings & Trivia Wheel*, sponsored by PacificSource Health Plans - Learn what your numbers mean and why you should listen to them!
- ♥ *I Heart Beef*, sponsored by the Idaho Beef Council—Learn nutritional information & tips for eating heart healthy with beef!
- ♥ *You're the Cure*, sponsored by the American Heart Association - Learn how to take action in our community!
- ♥ *Better U*, sponsored by SelectHealth—Learn about the AHA's Better U program and sign up for the free 12-week session!
- ♥ *Live Cooking Demonstration*, sponsored by Clear Springs Food, Inc.—Take a few minutes to learn how to prepare a heart healthy meal with trout!
- ♥ *Heart Walk Heroes*, sponsored by Red Sky PR—Take action and BE ACTIVE! Sign up for the 2013 AHA Heart Walk with the Red Sky PR Heart Walk Team (or start your own team)!
- ♥ *Picture & a Promise*, sponsored by the American Heart Association—Pledge your commitment to a lifestyle change & celebrate with your friends in this fun photo booth area!

**Don't forget to check out the Health and Beauty Boutique with local vendors!**

## 10:45 - 11:10 a.m.: Educational Breakout Session— Q & A With A Doctor

Here's your chance to ask those heart questions you've been dying to know!



## 11:15 - 11:40 a.m.: Educational Breakout Session - *Workplace Wellness, brought to you by PacificSource Health Plans*

Come hear about how to start workplace wellness initiatives, and how these programs impact the overall health of individual employees and their families. Take away tips for how to stay active at work!

## 12:00 p.m. - 1:30 p.m.: Luncheon, Special Appeal & Keynote with Dr. Linzmeyer

*Special Appeal* - Our guests will be invited to make a personal contribution to the mission of the AHA

*Keynote Speaker: Kristin M. Linzmeyer, MD, FACC, St. Luke's*

Kristin M. Linzmeyer, MD, FACC is board certified in internal medicine, cardiology, and nuclear cardiology. She earned her bachelor's degree from Carroll College in Helena, Montana and her medical degree from Oregon Health & Science University in Portland, where she also performed her internal medicine residency. She completed her internal medicine internship at the University of Utah in Salt Lake City and her cardiology fellowship at the University of New Mexico in Albuquerque.

During Dr. Linzmeyer's presentation, you'll learn about ways to prevent cardiovascular disease through proven, traditional methods, as well as additional tools to be pro-active with your heart health! It's a presentation you won't want to miss!

