

SAVE THE DATE



Heart to Heart...Connecting Women Who Are the of the Queen City

February 24, 2024
10 a.m. to 2 p.m.

Join Us for a Symposium on Women's Cardiovascular Health and Beyond!

Hosted by  **Atrium Health**
Sanger Heart & Vascular Institute

Supported by The Izard Family Fund for Excellence in Women's Cardiovascular Care.

Keynote Speakers



Christopher Leon Guerrero, MD
Clinical Associate Professor of Neurology
Wake Forest School of Medicine
Outpatient Stroke Director - Atrium Health
Neurology



Esther Kim, MD, MPH, RPVI
Director of the Center for Women's
Cardiovascular Health
Director of Education, Atrium Health
Sanger Heart & Vascular Institute

Here's What to Expect From the Event:



Heart Healthy
Cooking Demo



Heart-Centered
Mindfulness &
Meditation Tips



CPR Training



Panel
Discussions



Smoothie Bike
Challenge



Raffle Prizes

...and More

*Wear Your Best **Red** to Be Eligible to Participate in a Prize Drawing!*

