

# American Heart Association of SB: Go Red For Women



Event Committee: **Sue Neuman, Marlys Boehm, Mary Ellen Tiffany, Janet Garufis**, Event Chair; **Renéé Grubb, Kathleen Rogers, and Jamie Gilles**

By **JEANETTE CASILLAS** / CASA

## THERE WERE PLENTY OF "OPEN HEARTS"

last week at the 2010 Go Red for Women Luncheon and Health Expo at the Fess Parker Doubletree Resort where leading men and women in our community showed their support of the American Heart Association's Go Red for Women campaign.

The campaign's objective is to bring awareness to the number one killer of women and educate them on how to take positive action to reduce their risk. Before lunch, guests took advantage of the free activities at the Health Expo. Among those activities were blood pressure checks, cholesterol screenings, nutrition and fitness advice, and a breakout session about "Stroke Awareness and Prevention" with Zarith Alvarado, RN, BSN, SB Cottage Hospital Stroke Coordinator.

"I am thrilled to see so many here supporting a wonderful cause," said Janet Garufis, Event Chair, as she welcomed guests. "One in three women suffer in silence and die of a heart attack...together we can bring a voice to the silent killer and spread the word in our community."

For the first time, the program included something new and different. Everyone was asked to stand and join a Spectrum Athletic Club representative in a warm up exercise to get the blood flowing.

After a delightful heart healthy lunch, local survivor, Leslie Person Ryan shared her story of surviving a heart attack at the age of 40. She was in the best shape of her life and was faced with skepticism when

she tried to get help. Nobody could believe she could be having a heart attack. "Thanks to several individuals and research developed in the last seven years I discovered I had a genetic mutation and a hole in my heart," shared Person Ryan. "I hope to inspire your choices and that you choose to support Go Red for Women."

Person Ryan also invited guests to join her and become members of the "Red Feather Boa Club" by donating to the cause. The room was soon filled with men and women proudly sporting their boas.

The program also included a keynote speech by Sheila Cluff, internationally-known fitness expert, owner, and founder of The Oaks at Ojai health and fitness destination spa. Cluff has spent decades transforming people's lives by helping them make life-altering changes by adopting an easy-to-follow philosophy that combines healthy

eating with an active lifestyle. KCOY's Katie Marzullo served as Mistress of Ceremonies.

For more information call 963-8862 or visit [www.goredforwomen.org](http://www.goredforwomen.org).



**Janet Wolf**, Second District Supervisor with **Sheila Cluff**, Keynote Speaker



**Dan Oriskovich, Jamie Gilles, and Anne Towbes**



**James Dick** of Heart Watch and **Dee Dee Barrett** at the cholesterol screening booth as **Suzanne Gilles** looks on

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