

Schedule of Events

- 10:00 a.m. **Registration**
Go Red 'Purse-onalities' Silent Auction
Free Health Screenings & Exhibit Booths
- 10:45 a.m. **BetterU Educational Sessions**
Life's Simple 7
Hosted by Dr. Mackenzie Lupov of Indiana University Health, Southern Indiana Physicians
Diet & Exercise in the Prevention of Cardiovascular Disease
Hosted by Dr. Eric Williams of Premier Healthcare
- 12:00 p.m. **'Eat Your Heart Out' Lunch & Program**
Meet our Life's Simple 7 Challengers
Join us as we celebrate the successes of several Bloomington women who have committed to improving their health by participating in the Go Red Life's Simple 7 Challenge.
Open Your Heart Moment
A local survivor will share the story of her courageous battle against heart disease, and the role your contributions play in making healthier lives possible.

What to wear? Go red. Any way you want. Wear a red dress, red lipstick or carry a fabulous red handbag. Do it for your heart—and for women everywhere. www.shopgored.org

