



American Heart Association.

Middle Tennessee



Go Red for Women

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.



It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Grab a friend or a family member and Go Red today.

STEM Goes Red

STEM Goes Red brings interesting careers in science, technology, engineering and mathematics to life for young women. By giving students access to leading employers and experts, they have the chance for an insider look at what they do.



STEM Goes Red attendees gain firsthand experience, connect with inspiring professionals and learn about jobs across STEM fields. Students can walk away feeling like a whole new world of STEM has been revealed — a world in which they can truly love what they do and make a tremendous impact.



Impact Campaigns

Community leaders step up to join Leaders of Impact in an effort to bring the work of the AHA into the community through a 7-week blind competition, focused on driving equitable health for all.

Woman of Impact is an inclusive initiative to drive awareness and raise funds for women's heart health in local communities. This is also a 7-week blind competition.



Being a member of Executives with Heart is about putting your name, personal investment and network behind ensuring the well-being of our families, employees and communities are a priority.



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Heart Gala

Together, we are relentlessly focused on the heart of our community. Through our Heart Ball campaigns, we celebrate our collective success in driving change, funding science and improving behaviors – no matter where, or how, we gather. That means taking our efforts beyond the ballroom, working every day to help every heart.



Throughout our campaign we celebrate our milestones, we thank our sponsors and we honor our heroes. We come together to achieve something bigger than ourselves. We live fierce and fight for all.

Heart Walk

The Greater Nashville Heart Walk has always been a great way to get moving while socializing with friends, family and co-workers leading up to and on the day of event. But it's so much more than a walk. Walking in the Heart Walk boosts your heart health AND mental health while helping millions of others at the same time.



Be a supporter of critical research. Be a community energizer. Be a champion. Be a lifesaver. You are all of these things because you are a walker.



Join us at the Walk to recognize all we have accomplished together!



Individual Giving

The Cor Vitae Society – Latin for heart of life – is the annual philanthropic giving society of the American Heart Association that celebrates individual donors making annual gifts of \$5,000 or more to further the mission.



Circle of Red is a society of passionate individuals who are in the fight against heart disease and stroke in women to win. In Middle Tennessee, Circle of Red members use their influence, generosity and passion to help increase awareness of cardiovascular disease – the leading cause of death in women – and to inspire women to take charge of their health.