



American
Heart
Association.

American Heart Association.



You're Invited

to the 21st Annual Greater Cleveland

**GO RED FOR
WOMEN®
EXPERIENCE**

M i n d • H e a r t • B o d y

Friday, February 21, 2025

10:00 a.m. - 2:00 p.m.

Huntington Convention Center Atrium Ballroom
1 St Clair Ave NE, Cleveland, OH 44114

Mind • Heart • Body

Women juggle so many roles in life and face different challenges to their overall health and well-being along the way.

They are more likely than men to be diagnosed with anxiety and depression and also experience unique life stages that can affect their well-being such as pregnancy and menopause.

Making time for wellness and managing stress can help reduce the risk of heart disease and stroke. Go Red for Women is here to help women be well in ways that work best for them.

Meet our Chairs



Gabrielle Christman ♥ ♯

Go Red for Women Chair

CEO, Hunter International Recruiting
2022 STEM Goes Red Legacy Chair

To view a full list of our Executive Leadership Team and Circle of Red Members, visit www.heart.org/clegored

♥ = Circle of Red ♯ = Cor Vitae

Daniel I. Simon, M.D. ♥ ♯

2024 Legacy Chair

President, Academic & External Affairs
and Chief Scientific Officer
University Hospitals Health System

Lorraine Dodero ♥ ♯

2024 Legacy Co-Chair

Trustee/Chairman
The Sam J. Frankino Foundation

Marien Kaifesh ♥ ♯

Circle of Red Chair

Retired Corporate HRIS Manager
Parker Hannifin Corporation

Jenna Perpar ♥

STEM Goes Red for Girls Chair

Sr HR Business Partner
Swagelok Company

Danielle Shaffstall

Silent Auction Co-Chair

Corporate Director of Public Relations
Generations Senior Living

Randy McGhee

Silent Auction Co-Chair

Director, Community Relations
Fairmont Senior Living of Westlake

Event Schedule

10:00 a.m. - 12:00 p.m. | Healthcare Expo and Silent Auction

Join us for an inspiring and educational morning while engaging with our vibrant community. Bid on exclusive items and experiences in the auction and be part of an unforgettable event that combines discovery, connection and giving back.

10:30 a.m. - 11:15 a.m. | Morning Breakout Sessions*

12:00 p.m. - 1:00 p.m. | Lunch & Main Program

Savor a heart-healthy meal while enjoying our main program, hosted by Tiffani Tucker from Channel 19 News. Be inspired by powerful stories, join a thought-provoking panel discussion on the connection between the mind, heart and body led by experts from University Hospitals and gain valuable health insights.

1:15 p.m. - 2:00 p.m. | Afternoon Breakout Sessions*

*Please view page 5 for breakout details
Visit heart.org/clegored for full event details.

See You There!



**PURCHASE YOUR TICKETS BY
Friday, January 31, 2025**

If your company is a sponsor of this event, or if you are a Circle of Red member, Woman of Impact or Teen of Impact, do not purchase a ticket. You will be sent a separate link to RSVP.

Cheers to 21 Years!

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The Huntington National Bank | Huntington Convention Center
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Questions? Email Senior Development Director, Julie Gotschall at:
julie.gotschall@heart.org



@americanheartohio



@AmHeartOhio



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I want to Go Red, celebrate heart health, support heart disease research and education and help stop women's No. 1 killer- heart disease.

____ Tickets at \$250/ticket = \$ ____

____ Table of 10 seats at \$2,500/table = \$ ____

____ Circle of Red membership at \$2,500 (Includes two (2) tickets) = \$ ____

I am unable to attend the experience, but have enclosed a tax-deductible donation of \$ ____ (Please make checks payable to the American Heart Association)

Please call me at ____ so I can provide my credit card information & donation amount over the phone (or call Makenzie Morgan at 330.415.0655)

I have made my donation online at www.heart.org/CLEGoRed by scanning the QR code below

My company has a matching gift program. Company Name _____

Name _____

Email _____

Phone _____



Pre-Register for our Breakout Sessions

Please check one time slot per topic or scan the QR code below to register.

A Lifestyle Medicine Approach to Support Mind, Heart and Body

Amy Sapola, PharmD, Clinical Pharmacist
University Hospitals Connor Whole Health

- 10:30-11:15 a.m. 1:15-2:00 p.m.

Hidden In Plain Sight: Recognizing Cardiovascular Risk Factors in Women

Haiham Khraishah, MD, Preventive Cardiologist
University Hospitals Harrington Heart & Vascular Institute

- 10:30-11:15 a.m. 1:15-2:00 p.m.



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