The health and well-being of our community is our top priority. That's why we're taking Go Red virtual and bringing the Lunch-In to your living room. Life is complicated, but attending your favorite Go Red for Women Lunch-In doesn't have to be. So cuddle up in your most comfortable red and join us as we continue to have vital conversations around women’s health and raise critically needed funds for the fight against the number one killer of women: cardiovascular disease.

The Schedule

We are planning a fun and engaging Lunch-In experience on April 24, 2020 from noon-1 p.m. Highlights of our time together will include:

- High energy and inspiring speakers – you don’t want to miss the chance to hear from these brilliant and empowering women
- Powerful story from local survivor
- An 80 second dance break and time for a brief mediation
- Invitation to join Research Goes Red and our STEM Goes Red initiative
- Live keynote, presented by Luquire George Andrews, from Star Jones, Attorney, author, advocate, TV personality, and American Heart Association National Volunteer

Register today at: https://heart.zoom.us/webinar/register/WN_udy3CDuAT_S7QjijeFPG-A

The week following the Go Red Lunch-In will be “Heart Smart” Live Zoom Breakout Sessions. These breakout sessions will include Hands-Only CPR, Mindfulness/Meditation Session, Exercise Class and Q&A with a doc. Registration links for these breakouts will be sent to all Lunch-In participants.

Red Hot Pursonality Silent Auction

This year, our silent auction, Red Hot Pursonality presented by Albemarle Foundation, will be virtual. Just like in years past, each package reflects the personality and unique style of the donor. Here are a few of the exciting items we have available:

- Tropical vacations to Antigua, The Grenadines, Barbados, St. Lucia and Panama
- Tickets to the 2021 Greater Charlotte Heart Ball
- Concert package at the Spectrum Center with 18 tickets in Novant Health’s suite for the Alabama concert
- 16 seats in the Bank of America suite for a 2020 Carolina Panthers game

Timeline for Red Hot Pursonality

- Our Red Hot Pursonality items will be available for viewing beginning Monday, April 20th.
- Each day leading up to bidding, more packages will be available for viewing so make sure to check back often to see what’s new!
- Bidding will start at Noon EST on Thursday, April 23rd and conclude at 9:00 p.m. EST on Sunday, April 26th.

Link to auction: https://cltgored2020.ggo.bid
Open Your Heart

You will have the opportunity to hear the powerful words from survivor, Lauren Dungan on how her heart attack and COVID-19 have impacted her. You can see Lauren’s story here.

The mission of the AHA is to be a relentless force for a world of longer, healthier lives. And now more than ever, survivors need the American Heart Association as reports show that those who have heart disease or survived a stroke may be more vulnerable to COVID-19 with a mortality rate of 2-3 times higher than the general population. If you are able, we will offer the opportunity to make a 100% tax deductible to fund education and research for the next breakthrough in heart and stroke health. Open Your Heart for the fight against this silent killer that is taking the life of one woman every 80 seconds. These life-saving gifts will dramatically impact the mission of the American Heart Association and the Go Red for Women campaign by providing invaluable education and research for heart diseases and stroke.

Show us Your Red

Fifteen minutes before we kick off the Go Red Lunch-In, we will be sharing some photos on our Social Media wall. Show us your RED by posting or tweeting your photos to Facebook, Twitter or Instagram! Make sure you tag us by using #CLTGoRed and watch your posts appear on the Social Media Wall at the virtual event.

Stay up to date with all information about the Go Red for Women Lunch-In by following the American Heart Association-Charlotte on Facebook (@CharlotteAHA) and Instagram/Twitter (@HeartofCLT).

What to Wear

RED, of course! Only all bets are off this time as you really do you. Whatever your best, most comfortable red is, put it on. No make-up for the last week? Don’t let a virtual luncheon stop you from tossin’ your hair or putting on a fresh coat of polish. Always wanted to go red a little more low key? Works for us! Tune in from your favorite room in the house in your favorite red sweats. What matters is that you’re with us.

Heart Healthy Lunch

Join us in making a delicious heart-healthy Apple and Walnut Chicken Salad with a Green Salad. This Simple Cooking with Heart salad is a combination of two salads that is fresh, sweet, crunchy and creamy. A recipe card from our Lunch-In meal sponsor, EY, is attached. Collect all the ingredients and make to enjoy during the Go Red Lunch-In.

Get Moving

So you think you can dance?! Learn our Kids Heart Challenge Dance Routine and be prepared to bust a move during the 80 second dance break at the Go Red Lunch-In. You can also join us for our Go Red TikTok challenge. Post and tag @HeartofCLT on Instagram or Charlotte AHA on Facebook of yourself doing the dance.

Go Red Get Fit

Also, imagine an online support system of more than 20,000 women living with cardiovascular disease who are passionate about sharing, uplifting and motivating one another. Open your eyes and look no further – check out facebook.com/groups/goredgetfit today where a new sisterhood awaits.

For more information visit: charlottenccoredluncheon.heart.org

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Go Red For Women is nationally sponsored by

Life is Why Sponsor

City Goes Red Sponsor

Community BP Kiosk Sponsor

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HOW THE AMERICAN HEART ASSOCIATION IS MAKING AN IMPACT ON COVID-19

We’re investing a minimum of $2.5 million in cardiovascular research to help coronavirus patients.

- [This fund](#) will fast-track scientific research.
- It will help us better understand the link between COVID-19 and its interaction with cardiovascular and cerebrovascular diseases.

We are helping to accelerate antiviral drugs to combat coronavirus.

- Through the Lawrence Livermore National Laboratory, AHA technologies are being used in the COVID-19 response.
- These may lead to better diagnoses and treatments of COVID-19.

We are working in communities across the country to ensure people in greatest need have access to care, financial support and other resources.

- Supporting individuals in need through our [Social Impact Fund](#) initiatives.
- Helping faith communities improve health through the EmPOWERED and Well Online Church Challenge.
- Local teams are working with partners to nourish families, support physical activity and reduce the burden of chronic disease.

We are leveraging our science and relationships to help lead the conversation about the coronavirus and how it affects at-risk patients.

- We are collaborating with national and global health colleagues to address clinical care issues.
- The latest COVID-19 research is being shared with medical professionals through our 12 scientific journals.
- Our science volunteers continue to provide direction and support for health care providers and researchers.

We are meeting the needs of health care workers dealing with the COVID-19 pandemic.

- We are launching new job aids for Oxygenation & Ventilation of the COVID-19 patient (available worldwide by 3/31/20).
- We are tracking progress through [Get With The Guidelines®](#) to better manage existing patients.
- We are working with innovative companies on remote-patient monitoring and managing the hospital’s patient load.

We are teaching hospitals and communities how to safely and effectively administer CPR during the COVID-19 pandemic.

- We have established interim guidance and resources for CPR trainings.
- We’re recommending 60-day extensions on provider and instructor cards.
- We are encouraging the public to use Hands-Only CPR through new social media campaigns.

We are working with federal and state governments to ensure families have access to care.

- We support several provisions of the [Families First Coronavirus Response Act](#), which:
  - Guarantees free coronavirus testing
  - Increases manufacturing of protective equipment
  - Enhances federal nutrition programs
  - Increases Medicaid funding

- We’re urging governors and state legislatures to:
  - Remove COVID-19 testing barriers
  - Encourage people to use caution
  - Waive rules that require in-person interactions