



American
Heart
Association®

American Heart Association®



2025 UPSTATE GO RED FOR WOMEN LUNCHEON

Wednesday, April 23
11:00 a.m. - 1:00 p.m.
Hotel Hartness



OUR MISSION

The American Heart Association is on a mission to be a relentless force for a world of longer, healthier lives.

OUR GOAL

Building on over 100 years of trusted leadership in cardiovascular and brain health, by 2028 the American Heart Association will drive breakthroughs and implement proven solutions in science, policy and care for healthier people and communities. The greatest discoveries in health must reach people where they are.

OUR THEME

At the 2025 Go Red for Women Luncheon, we will celebrate women through every stage of our lives. Our bodies change, our risks shift, and how we care for ourselves needs to evolve too. Through research, advocacy, and community engagement, we've made an extraordinary impact. But as you've heard before, there is still a lot of work to be done. Let's keep showing up for women's health—at each and every stage.

FROM THE CHAIRPERSONS

Dear Friends of Heart,

We are so excited to join together and celebrate all we have accomplished through the Go Red for Women campaign over the past year. It has been a true honor to serve alongside the members of the Executive Committee.

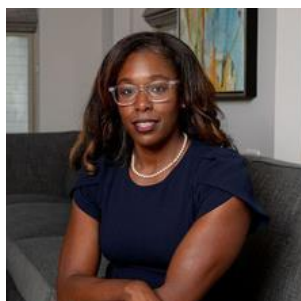
From fundraising to networking events, we have cultivated relationships with many of you and experienced first hand how strong and passionate this community is about the work AHA does.

Because of your support, more women will have the opportunity to live longer, healthier lives and that ripple effect will continue to change lives for generations to come.

Thanks to each of you, the Go Red movement in the Upstate is stronger than ever. And while we've already made meaningful strides, we know there's still so much more to do.

Thank you for joining us today and supporting our mission. We hope you will continue to support AHA.

With heart,



Megan Early-Soppa
Spencer Fane



Allison Rogers
98 Ventures

FROM THE HEART

Dear Friends,

Welcome to the 2025 Upstate Go Red for Women® Luncheon. I am excited that you are here. Your presence is a powerful expression of your passion for women's health.

It will take our collective might to conquer women's No. 1 health threat: cardiovascular disease. Despite women accounting for more than half the U.S. population and often serving as key decision makers on matters of health for their families, we continue to be understudied, underdiagnosed and undertreated.

And the disparities don't end there. Women are also less likely than men to receive bystander CPR, and 23% less likely to survive a cardiac arrest.

The good news is women have the best resource on their side — one another.

Through the Go Red for Women movement and other women's health initiatives, the American Heart Association is advancing equitable research, policy and care. Go Red for Women aims to meet the evolving needs of women at every age and life stage by funding research, sharing educational resources, advocating for lifesaving legislation, and transforming systems of care.

Together, we are building a world of longer, healthier lives.

It's time to Go Red for health, for life, for your family, for good.

All my best,



Nancy Brown
Chief Executive Officer
American Heart Association



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OUR AGENDA

11:00 A.M.

Pre-event Reception

*Featuring a Red Lip Bar, Purse-osity Auction, Bouquet Bar,
360 Photobooth and more*

12:00 P.M.

Lunch & Program

With emcee Chunsta Miller

Life Stages Panel

*Featuring moderator Mignon Early and panelists
Dr. Lindsey Calcutt, Dr. Allyson McGregor and
Dr. Angelia Perez-Litwin*

12:30 P.M.

Open Your Heart Moment

Featuring Open Your Heart Honoree Jessie Simpson

12:50 P.M.

Go Red for Women Fashion Show

*Featuring guest host Morgan Nichols-Scarnecchia
With local heart disease survivors and advocates*



OUR EMCEE



Chunsta Miller

Chunsta Miller currently serves as the Vice President of Communication and Public Engagement for Goodwill Industries of Upstate/Midlands South Carolina, where she leads strategic marketing, communications, and public engagement efforts that directly support the organization's mission of putting people back to work. With over 25 years of experience in retail leadership, nonprofit impact, and community development, Chunsta is known for her visionary leadership, passion for inclusion, and deep commitment to service.

Chunsta's leadership extends far beyond her professional roles. She is a dedicated civic leader, serving on numerous boards including the Spartanburg Housing Board of Commissioners where she currently serves as Vice Chair. She also serves with the United Way's African American Leadership Society, Women United of Spartanburg and Greenville Counties, the Salvation Army Executive Board, Tri-County Technical College Board of Visitors, Ten at the Top, and the Converse University Alumni Board. She is also a proud member of the American Heart Association's Go Red for Women Executive Leadership Team.



EVENT LEADERSHIP

Go Red for Women Chairpersons



Megan Early-Soppa
Attorney/Of Counsel
Spencer Fane



Allison Rogers
General Counsel
98 Ventures

Executive Leadership Team Members

Wendy Carnes
RE/MAX

Catherine Carter
Carter Family Wines

Sara Beth Downing
First Citizens Bank

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Katie Sanders
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Chunsta Miller
*Goodwill Industries of
Upstate/Midland*

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A special thank you to our Go Red for Women Luncheon supporters

Go Red for Women is Nationally sponsored by:



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Circle of Red™

Circle of Red is a society of passionate individuals who are in the fight against heart disease and stroke, the leading cause of death in women, to win. Circle of Red members are leaders in their communities and families.

THANK YOU TO THIS EXCEPTIONAL GROUP OF WOMEN'S HEALTH CHAMPIONS

Jennifer Barrows
Wendy Carnes
Sara Beth Downing
Megan Early-Soppa
Dr. Chelsea Fox
Kathryn Freedman
Marie Limnios
Megan Kolak
Katie Sanders
Melinda Sanders
Kelly Smith
Dr. Jennifer Springhart



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WOMAN OF **IMPACT** UPSTATE

2025 WOMAN OF IMPACT NOMINEES

Meet the class of changemakers bringing the
Go Red for Women movement to life in our community



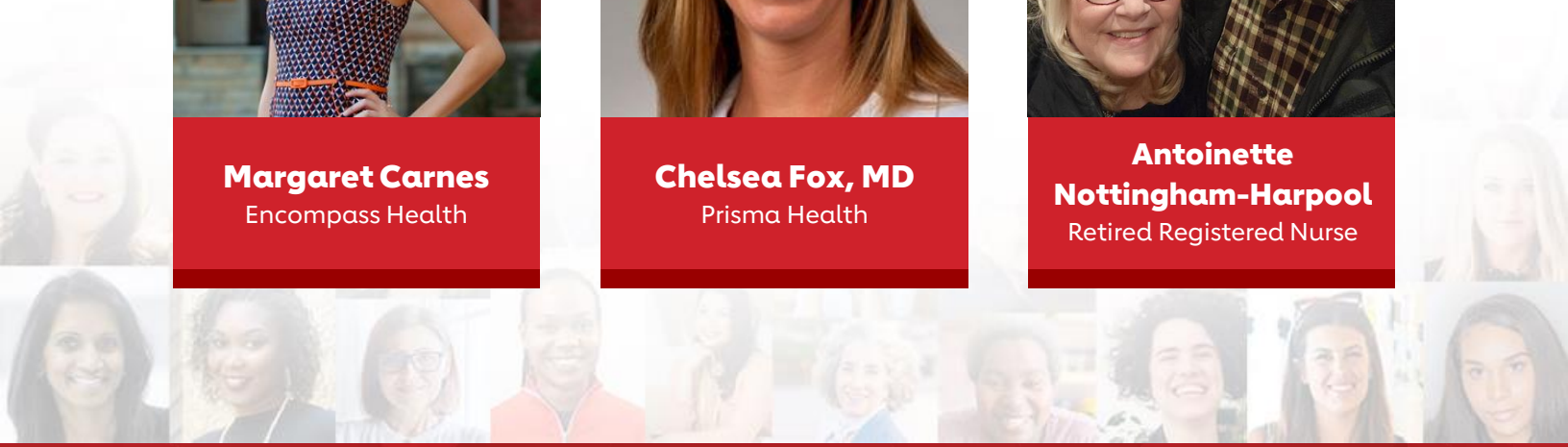
Margaret Carnes
Encompass Health



Chelsea Fox, MD
Prisma Health



**Antoinette
Nottingham-Harpool**
Retired Registered Nurse



OUR PANELISTS



Mignon Early, Moderator

Mignon Early is a seasoned healthcare executive with a distinguished career spanning over three decades. She currently serves as a faculty member for Southern Methodist University's Continuing and Professional Education (CAPE) Women In Leadership: Influence and Impact Certification Course. As a Registered Nurse, Mignon is deeply committed to ensuring accessible quality healthcare for all.



Dr. Lindsey Calcutt, Panelist

Dr. Lindsey Calcutt is the CEO and co-founder at Incora Health, which offers innovative smart earrings, giving women comprehensive, personalized health tracking insights tailored specifically to a woman's unique menstrual cycle. With a doctorate in biomedical engineering focused on technology innovation, Dr. Calcutt has 20 years of experience in the medical device and pharmaceutical industries.

OUR PANELISTS



Dr. Allyson McGregor, Panelist

Dr. Allyson McGregor is a globally renowned leader and innovator in women's health, credited with revolutionizing the understanding of sex and gender differences in acute medical care. As a professor of emergency medicine, she co-founded the division of Sex and Gender Emergency Medicine (SGEM), the first of its kind, advancing research and education to address critical gaps in healthcare access. Dr. McGregor currently serves as Associate Dean at the University of South Carolina School of Medicine Greenville.



Dr. Angelica Perez-Litwin, Panelist

Dr. Angelica Perez-Litwin is a clinical psychologist, entrepreneur and professional coach with over two decades of experience. She is the founder of Lumin Therapy, a modern therapy practice specializing in the mental health needs of professionals, and Lumin Institute, a career coaching and business consulting firm. She has collaborated with industry leaders such as Google, Columbia University and Harvard University to advance women's careers and leadership.

OUR MODELS



Yolanda Nunez

Fifteen years ago, Yolanda went to the ER with severe shortness of breath and heart palpitations. She was diagnosed with congestive heart failure. Her ejection fraction was just 10%—and doctors told her people with her condition often only live five more years. She left her job, moved in with her parents, and began focusing on her health while raising her one- and four-year-old children. After starting medication and receiving an internal defibrillator, Yolanda's ejection fraction has since climbed to 55%—and she's thriving 15 years later!



Olivia Grace Lewis

Olivia Grace was born with Tetralogy of Fallot, a rare and complex heart defect that affects blood flow to the lungs and body. Throughout the first several years of her life, Olivia Grace endured two open heart surgeries and countless checkups. But today, she lives a full life and is able to participate in all the activities she loves—including dancing! Olivia Grace hopes to use her experience to raise awareness about congenital heart defects and show others that it's possible to live healthy, fulfilling lives.

OUR MODELS



Emma Barksdale

Emma is a true pillar in our community. A retired healthcare leader and passionate heart health advocate, she spent over 40 years at Bon Secours St. Francis, where she was a trailblazer in nursing and risk management. Emma's commitment to heart health is deeply personal—she lost her only sibling to a heart attack at 49 and her father to a stroke at 52. A longtime American Heart Association volunteer, she was also named the 2024 Woman of Impact for championing and raising support for heart health awareness. Today, she continues to serve our community through various outreach efforts and volunteer leadership.



Kristi Parker Byers

Kristi is a celebrated stage actress with roles in *Mamma Mia*, *Ragtime*, *Once*, *Steel Magnolias*, *Les Miserables* and much more. Kristi was diagnosed with a thoracic aortic aneurysm and tachycardia two years ago. She now speaks to women everywhere about the importance of healthy lifestyles and regular checkups. In addition to her theater career, Kristi was a teacher for 25 years. She also performs the national anthem at sporting events and festivals.



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GET SOCIAL!

Use [#GoRedUpstate](#) in your social media posts throughout the event.



[@AmericanHeartSC](#)

Proud to Sponsor Go Red for Women

We are proud to support Go Red For Women in our shared Mission of caring and improving the health and well-being of our neighbors. Together we join hands to bring good help to those in our community.



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Shining a light on heart health



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Honor well deserved

Congratulations to Chelsea Fox, MD, with Prisma Health Fertility Center of the Carolinas, on being nominated for the 2025 Woman of Impact campaign by the American Heart Association. We are proud of her commitment to advancing women's health and inspiring action to improve the health of our community – and grateful for the way she lives out Prisma Health's purpose every day: *Inspire health. Serve with compassion. Be the difference.*

Making an impact



Chelsea Fox, MD
Fertility Center of the Carolinas



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