



American  
Heart  
Association.

American Heart Association.



# 2026 LAS VEGAS

## GO RED FOR WOMEN LUNCHEON

### February 20, 2026

As women, our greatest resource  
is each other. **Let's Go Red, Together!**

Go Red for Women is nationally sponsored by





**CVS Health® is here for women  
at every age and stage of life.**

**CVS Health proudly supports the American Heart  
Association's Go Red for Women® movement**  
as a national sponsor committed to supporting women's heart  
health at every age and stage by funding lifesaving  
cardiovascular research and education.

[heart.org/lifeiswhycampaign](https://heart.org/lifeiswhycampaign)

Go Red for Women is nationally sponsored by



Dear Go Red for Women Guests:

On behalf of American Heart Association Las Vegas, it is my privilege to welcome and thank you — our volunteers, sponsors and donors — for continuing to make a difference in the lives of people living in the U.S., through your support of our mission to be a relentless force for a world of longer, healthier lives.

As we close out our first 100 years and begin the next, our work remains as important as ever. We know that we can't achieve our monumental goals alone and are grateful to you for your passion and commitment.

We've made impressive progress, with more on the way, across all our endeavors: research, advocacy, education, community impact, access to health care and more.

Advancements this year include:

- Funding innovative research with the greatest promise to improve health, find cures, and save lives.
- Championing policies that protect public health and address socioeconomic barriers.

With bold hearts, we now forge ahead into our Second Century, fueling science and innovation, funding lifesaving research and boldly standing for the rights of patients and caregivers, to empower healthier communities and transcend the way we live, work and play. With your continued support, I have no doubt we will make an even greater impact in the places you and your loved ones call home.

Enjoy the day, celebrate the successes and let's continue to work together for a healthier future for all.

With heartfelt thanks,  
**Sarah Gleich**  
Executive Director  
Las Vegas  
American Heart Association



GO  
RED



**Proud Sponsor of the 2026  
Go Red for Women Luncheon [AGEM.org](http://AGEM.org)**





# Event Schedule

**10:30 a.m. - 11:30 a.m.**

Registration, Networking, Reception,  
Activities, Photo Opportunities

**11:15 a.m.**

Ballroom Doors Open

**11:30 a.m. - 1:00 p.m.**

Survivor Speaker, Heart Health Expert  
Panelist Discussion, and Lunch

**1:00 p.m. - 1:30 p.m.**

Post-Program Networking &  
Hands-Only CPR Demonstrations

# Today's Speakers



**Heather Mills**  
Host



**Sarah Gleich**  
Executive Director, Las Vegas



**Diane Friedman**  
Passion Speaker



**Heather Nelson**  
Panel Moderator



**Pamela A. Ivey, MD**  
Panelist



**Nelly Chow, DO**  
Panelist



**Quayn Feikes, MD**  
Panelist



**Rachel Bowers, PA-C**  
Panelist

# Panel Moderator



## Heather Nelson

### Panel Moderator

Heather Nelson is a Managing Director and leader in Deloitte's Sustainability Strategy practice. She helps health care, life sciences and public sector organizations use digital technology to improve consumer and clinician engagement by transforming the way health organizations provide access to and deliver care. She has spent the last 18 years at the intersection of equitable health, technology and inclusive, experience design. In her client facing work, she has advised on digital strategy, innovation investment, technology stabilization, stakeholder engagement platforms, and value measurement. She has designed and led numerous data insights and analytics governance models, including SaaS analytics services, health outcomes measurement and research study design across chronic disease, patient-provider interaction, community engagement and technology infrastructure.

In her role as a digital transformation leader, she works with Deloitte's Center for Health Solutions and Health Institute on such topics as tech-enabled patient centricity, intelligent automation, and health equity x tech. She has worked with senior leadership teams across government agencies, domestic health care providers, and global research entities. She is the co-founder of a social entrepreneur accelerator program designed to build capacity and scale the use of cloud technology in health access, education equity, disaster preparedness, climate and workforce development. Her work has focused on centering the voices of end users in digital product research, design, and engagement. She began her career as an environmental scientist and brings that experience to bear amid the growing climate, sustainability and technology intersections.

Heather holds an MHA (University of Washington) and BA in Environmental Science (Northwestern University).

# Panelists



## Pamela A. Ivey, MD

### Panelist

Dr Pamela Ivy is a cardiologist at Intermountain Health Sienna Clinic and serves on the Medical Executive Committee at West Henderson Hospital. She graduated from UCLA and earned her medical degree from the University of Southern California before completing her internship and residency at Cedars-Sinai Medical Center. She is Board Certified in Cardiovascular Diseases and Internal Medicine and is a Fellow of the American College of Cardiology and a member of the American Society of Echocardiography. Dr. Ivy also chairs the Congestive Heart Failure Clinic for Sunrise Hospital and Medical Center and joined Cardiovascular Consultants of Nevada in August 2000. She is fluent in Spanish.



## Nelly Chow, DO

### Panelist

Dr. Nelly Chow is a cardiothoracic surgeon with MountainView Cardiovascular & Thoracic Surgery Associates, providing surgical care for conditions of the lungs, chest, and heart. She performs minimally invasive and robotic-assisted procedures at MountainView Hospital. Dr. Chow completed her thoracic surgery fellowship at the University of Miami and her surgical residency at MountainView Hospital. She holds a Doctor of Osteopathic Medicine from Western University of Health Sciences and a BA in Integrative Biology from UC Berkeley. She has received numerous honors, including the Dr. Peter Vajtai Award of Excellence in Cardiothoracic Surgery.

# Panelists



## Quynh Feikes, MD

### Panelist

Dr. Quynh Feikes is the Medical Director at Valley Health System and a cardiothoracic surgeon. Serving the Las Vegas community since 2004, she specializes in cardiac, thoracic, and vascular surgery. Originally from New Orleans, she earned her Bachelor of Science in Microbiology from Louisiana State University and her medical degree from Albert Einstein College of Medicine. She completed her general surgery training and later became the first female cardiothoracic surgery fellow at USC's Keck School of Medicine.



## Rachel Bowers, PA-C

### Panelist

Rachel Bowers is a Physician Assistant with nearly 20 years of experience across specialties including urology, endocrinology, internal medicine, neurosurgery, and emergency medicine. Her broad background shapes her whole body, symptom focused approach to patient care. For the past seven years, Rachel has specialized in Bioidentical Hormone Replacement Therapy, a field she is deeply passionate about due to her own experience with lifelong hormone imbalance. -body, symptom-focused approach to patient care. For the past seven years, Rachel has specialized in Bioidentical Hormone Replacement Therapy, a field she is deeply passionate about due to her own experience with lifelong hormone imbalance. She is dedicated to helping patients understand their hormone health and feel their best.

**GLI** GAMING  
LABORATORIES  
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## HEART HEALTH AWARENESS!

GLI is proud to sponsor the American Heart Association's signature women's initiative. We're committed to stand together with Go Red to encourage women to take charge of their heart health.

**#GLIGIVESBACK**  
Go Red for Women, American Heart Association

[gaminglabs.com](http://gaminglabs.com)

**HCA**   
Healthcare

MountainView Hospital  
Southern Hills Hospital  
Sunrise Hospital  
Sunrise Children's Hospital

Proud supporter of the  
American Heart Association's  
Go Red for Women Luncheon.

American Heart Association.



**Freeman is proud to support the  
American Heart Association and  
Las Vegas Go Red for Women !**

**Freeman**



As part of being our best for others,  
RubinBrown is excited to support  
the Las Vegas Go Red for Women



**“Devotion to our Community & Profession”  
has been a core value of RubinBrown since our inception.**

Every day our inspired team members strive to be their best for others...for our clients, for fellow team members, and for the communities in which we live and work. It's not just something we say, it's what our team members exemplify through their personal and professional lives.



American  
Heart  
Association.

## Our Mission

To be a relentless force for a world of longer, healthier lives.

## Go Red for Women

As we celebrate the 22nd anniversary of the Go Red for Women movement and enter into our second century, we recognize the bold moves making it possible to address inequities, remove barriers and advance opportunities to improve women's health. We've championed lifesaving discoveries for and by women. We've advocated for moms, prenatal health and positive solutions to promote overall wellbeing – including mental health. And we're just getting started. With Bold Hearts™ and support from donors like you, we'll continue to empower women to live longer, healthier lives.

# We're Seeing **RED!**

We at [VideoPoker.com](http://VideoPoker.com) applaud the mission of the **American Heart Association** and its **GO RED** campaign to raise women's awareness of their risk of heart disease.



[www.videopoker.com](http://www.videopoker.com)



American Heart Association®



**AG IS PROUD  
TO SUPPORT THE  
AMERICAN HEART  
ASSOCIATION AND LAS VEGAS  
GO RED FOR WOMEN LUNCHEON**

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# **THANK YOU TO OUR GENEROUS SPONSORS**

Go Red for Women is nationally sponsored by



Go Red for Women is locally sponsored by

**AGEM**

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Tag us in your  
social media post!

**LAS VEGAS:**



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Show us your RED.  
Post your photos and use #LVGORED



## Circle of Red®

Circle of Red is an elite group of individuals who have the influence and resources to significantly impact the community and make a personal donation of \$2,500 to further the Go Red for Women mission

**Let's continue to Go Red, Together.**



For more information, please contact [Sarah.Gleich@heart.org](mailto:Sarah.Gleich@heart.org)

American Heart Association.



Call 9-1-1

Push hard and fast in the center of the chest until help arrives



# WOMEN need CPR, too!

But women receive **bystanderCPR** in public settings **less often** than men do.

## HERE'S Why:

Even in training environments, some people are less likely to use **CPR** or an **AED** on female manikins.

**Fears:** Many are afraid of being accused of inappropriate touching or causing physical injury.

**Myths:** Many believe that women are less likely to have heart problems.



## Here's what the American Heart Association is doing:



**RAISING AWARENESS**  
about cardiac arrest in women.



**IMPROVING TRAINING**  
to address gender-related barriers to increase bystander CPR rates for women. This includes representation of women in our training materials and informational videos.



**ADVOCATING**  
to improve the response to cardiac arrest for everyone. (All states have Good Samaritan laws that protect anyone who gives first aid and CPR. Check the laws in your area.)



## Here's what you can do:

- ✓ **Overcome fear** — it may help you save a life.
- ✓ **Scan the QR Code** to watch a video on how to perform Hands-Only CPR.
- ✓ **Learn more at [goredforwomen.org/WomenandCPR](https://www.goredforwomen.org/WomenandCPR)**



# OPEN YOUR HEART

Nearly 45% of women ages 20 and older are living with some form of cardiovascular disease.

Go Red for Women's Open Your Heart donations help the American Heart Association protect the health of future generations. These unrestricted funds are the foundation of our mission—allowing us to advance groundbreaking scientific discovery while strengthening community health across the nation.

This year, Open Your Heart support fuels four critical areas of work:

## QUALITY OF LIFE

We are committed to ensuring every person has the opportunity to live a longer, healthier life—regardless of ethnicity, income, education, or ZIP code. Our programs focus on addressing health barriers and creating equitable access to care, prevention, and education.

## A HEALTHIER, LONGER LIFE BEGINS AT BIRTH

Every child deserves a healthy start. We support research, outreach, and advocacy to help children born with congenital heart defects survive, thrive, and enjoy long, healthy lives.

## SCIENCE ADVANCEMENT

We invest in cutting-edge research to stay at the forefront of global advancements in cardiovascular and stroke science. The discoveries made today will transform the lives of millions tomorrow.

## EVERYONE CAN BE A LIFESAVER

As the nation's leader in resuscitation science and training, we empower communities to act in emergencies. From stroke prevention to simulations, advocacy, and public education, we equip people, patients, and healthcare providers with the tools to save lives.

# HEART ATTACK SYMPTOMS

## MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain, but many women may experience less obvious warning signs.

### MEN



Nausea or vomiting



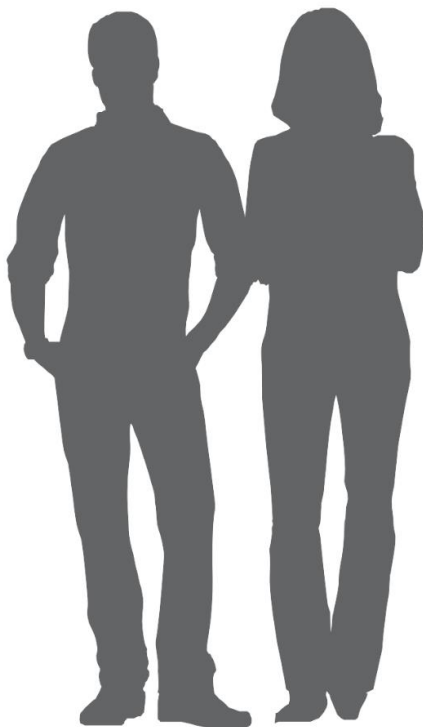
Jaw, neck or back pain



Squeezing chest pressure or pain



Shortness of breath



### WOMEN

Nausea or vomiting



Jaw, neck or back pain



Chest pain, but not always



Pain or pressure in the lower chest or upper abdomen



Shortness of breath



Fainting



Indigestion



Extreme fatigue





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# American Heart Association Las Vegas Team



**SHANNON MACADAM**  
Region SVP, Development  
& Community Impact



**SARAH GLEICH**  
Executive Director  
Las Vegas



**LESLIE NAGAPPA**  
INTERIM EXECUTIVE  
DIRECTOR  
through February 2026



**JULIA COIPE**  
HeartWalk  
Development Director



**NICHOLE MONZON**  
COMMUNITY IMPACT Director



**DYMOND BURNETTE**  
COMMUNITY IMPACT  
MANAGER



**KELLY POSKONKA**  
Region VP, Development, School  
Engagement



**LELAND BRANDON**  
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School Engagement



**CHRISTOPHER CALLOWAY**  
Marketing Communications  
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**ASHLEN RAMIT**  
Program Implementation  
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**SHAWNA LACUESTA**  
Development Coordinator



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**Thank  
You!**

**GO RED**