



American Heart Association.



2025 Orlando

GO RED WOMEN LUNCHEON

As women, our greatest resource
is each other.

Let's Go Red, Together!

American Heart Association.



Welcome to the

2025 Orlando

Go Red for Women

Luncheon

Friday, February 14, 2025

10:30AM - 2:00PM

Loews Sapphire Falls
at Universal Resort

Our Mission

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

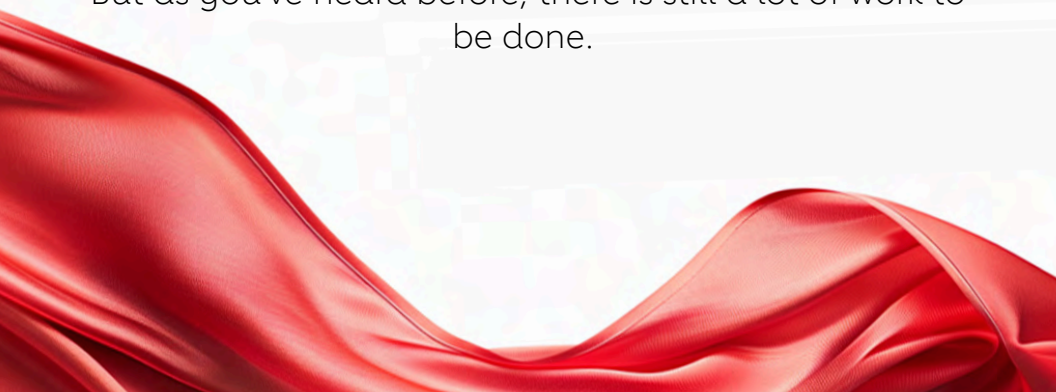
Our Goal

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 Orlando Go Red for Women Luncheon, we want people to experience more of life's precious moments. To do that we must be healthy in heart and mind – the heart is where life's moments are felt most, and the mind is where these moments become beloved memories. At the American Heart Association, we've made better heart and brain health our mission.

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.





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INTO HEALING YOURS**

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From the Heart

Dear Friend of Heart,

With profound gratitude and heartfelt thanks, welcome to the 2025 Orlando Go Red for Women Luncheon. Today, we come together to celebrate a remarkable year of hard work while reflecting, honoring and celebrating the progress made through the determination, dedication and passion of all who support our mission.

This event holds deep significance, as the American Heart Association has been at the forefront of the fight for longer, healthier lives for over 100 years. Alongside you, our cherished family of volunteers, donors, and advocates, we have driven breakthroughs in science, policy, and care. Together, we continue to advance health and transform lives every day.

Today, we celebrate our shared dedication to saving and improving lives within this community over the past year. I extend my deepest thanks to you for your presence and for your steadfast, generous support of our community. Congratulations on a remarkable year. With anticipation, I look forward to countless achievements as we enter our second century of transformative impact.

Enjoy the celebration!

Gratefully yours,



*Jeremy Beauchamp
Executive Vice President
American Heart Association Southeast*



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From the Chairpersons

Dear Friends and fellow Cardiovascular Health Advocates,

It has been an honor to serve as your 2024–2025 Go Red for Women chairpersons. We offer our sincere thanks for your participation in this year’s record-breaking campaign. Your support of the American Heart Association saves lives. It is because of you that we can raise awareness of cardiovascular disease, and in particular, to highlight the unique health implications for women. Your advocacy has also inspired countless others to join us in our mission to advance equitable research and care and to advocate for inclusive health care policies.

This 2025 Go Red for Women American Heart Association Luncheon is indeed a tremendous celebration recognizing the 100th Anniversary of the American Heart Association. Thank you for joining us!

Nemours Children’s Hospital, Florida is proud to serve as this year’s presenting sponsor. At Nemours, we pioneer surgical methods, conduct groundbreaking research, and educate healthcare providers, achieving outcomes that are among the best in the Nation. Our commitment to excellence, innovation, and compassionate care reflects our mission to help create the healthiest generations of children.

As medical providers in cardiology and cardiac surgery at Nemours Children’s Cardiac Center, Dr. Ebadi and I are proud to represent an institution that offers the highest level of expert, personalized heart and vascular care for children, from before birth into adulthood. Our comprehensive team of highly trained pediatric cardiac specialists and surgeons provides care for children with conditions ranging from minor to the most complex in a family-centered, supportive environment. We see first-hand how heart health affects women’s well-being at every age, stage, and season of their lives.

We are thus inspired in our work with the American Heart Association (AHA) to advance cardiovascular health. The AHA funds innovative research that has transformed the treatment of heart disease and stroke, contributing to lifesaving breakthroughs. Their commitment to women's heart health has been instrumental in raising awareness, supporting studies tailored to understanding gender-specific risks, and promoting early detection and prevention.

Additionally, the AHA dedicates substantial resources to congenital heart disease (CHD) research. By supporting advancements in diagnosis, treatment, and long-term care for children born with heart defects, the AHA is helping to improve survival rates and quality of life for women and their children.

Women's heart disease remains the leading cause of death among women, claiming more lives annually than all forms of cancer combined. Shockingly, only 56% of women recognize cardiovascular disease as their greatest health threat. Through initiatives like Go Red for Women, the AHA not only raises community awareness but also educates and empowers women how to take charge of their own heart health.

As chairs of the 2025 Go Red for Women Luncheon, we were honored to help amplify these efforts with community fundraising, collaborative research, and community education to support the AHA's mission to save lives and improve heart health for all. Together, we will continue to work to make this event a powerful platform for education, advocacy, and action. Thank you for entrusting us with this meaningful responsibility.

Sincerely,

Ameneh A. Ebadi, D.O.

*Dr. Ameneh Ebadi
Pediatric Cardiology
Nemours Children's Hospital, Florida*

J. S. Nelson

*Dr. Jennifer Nelson
Pediatric Cardiothoracic Surgeon
and Director of Research
Nemours Children's Hospital, Florida*



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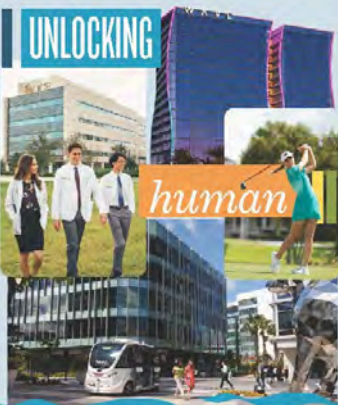
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Our Emcees



Nancy Alvarez
Orlando Anchor
WESH2 News



Ericka Dunlap
CEO
Crown Communications



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Our Agenda

10:30 a.m. – Wellness Expo

12:00 p.m. – Lunch & Program

12:15 p.m. – Survivor Story & Open Your Heart

Our Menu

Salad

Baby Arugula and Frisée Dried Cranberries, Tomatoes,
Toasted Pumpkin Seeds, Feta Spiced Apple Cider
Vinaigrette

Entrée

Apple Brined Airline Chicken Breast
Lemon and Herb Fingerling Potatoes, Broccolini, Baby
Carrots, Blistered Grape Tomato, Smoked Tomato Jus

Dessert

Chocolate Fudge Layer Cake
Raspberry Coulis
Pastry Chef's Custom Chocolate Heart



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Event Leadership

Go Red for Women Chairpersons



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Dr. Jennifer Nelson
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Let's keep solving for communities.

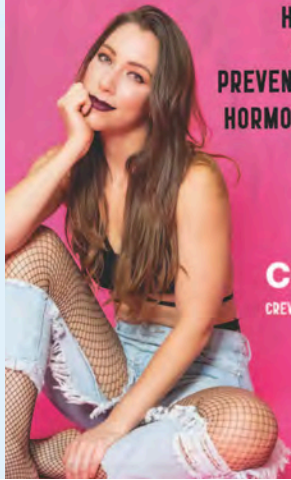
For more than 80 years, Florida Blue has been passionate about creating health solutions that help keep our communities thriving. That's why we are pleased to support initiatives like the **American Heart Association's Go Red for Women** that help bring those solutions to life.

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Cor Vitae Society

Cor Vitae, Latin for heart of life, is the American Heart Association's annual giving society of individuals whose generous commitments are helping to change and save lives.

**MANY THANKS TO THE GREATER ORLANDO
COR VITAE SOCIETY MEMBERS.**

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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

Circle of Red Chairperson

Karla Radka

Bold Hearts Members

Sonya Alvarez	Urma Gadalean	Megan Paquin
Carrie Biggar	Aimee Keller Pickford	Giorgina Pinedo-Rolon
Nicole Chaffee	Julie Kleffel	Christina Pinto Rogers
Jennifer Crowley	Jillyan McKinney	Shanna Ramsey
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Circle of Red Members

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Kristine Fan	Cindy Price	Krista Yurchak
Vanessa Garner	Gloria San Miguel	



Women of Impact

Each year, a select group of individuals are nominated for the Woman of Impact competition, a 9-week event focused on women's heart health.

Launching on National Wear Red Day, nominees create campaigns, recruit teams, and inspire support for the American Heart Association. The nominee with the greatest local impact will be named a local 2025 Woman of Impact Winner, while the top national nominee will be named the American Heart Association 2025 National Woman of Impact Winner.

2025 GREATER ORLANDO WOMEN OF IMPACT NOMINEES

Stephanie Abril
Lorriel Blaise
Carralyce Buford
Cherisa Jerez
Aimee Keller Pickford
Amy Krupp

Meredith McDonough
Megan Paquin
Candice Simmons
Erin Simmons
Hope Valentine
Connie Yang

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Holland & Knight is proud to sponsor the
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We support the event's mission to help end heart disease and strokes among women, while promoting awareness and advocating for women's health within our community.

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**Thank you to our
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2025 Orlando STEM Goes Red Tuesday, March 4th

America's STEM workforce is at the forefront for ideation, patent creation, science, research, and innovation that is vital to today's economy and tomorrow's future. Unfortunately, troubling gender gaps exist in STEM. The American Heart Association is working to close these opportunity gaps through STEM Goes Red.

STEM Goes Red is designed to provide middle school girls insight into the possibilities and potential they possess to make a real impact on the world around them. STEM Goes Red features a day-long event intended to inspire high school girls to explore STEM outside the classroom while also learning how to take charge of their health and well-being. Students, mentors and professional attendees have the opportunity to hear inspiring talks from leading innovators on industry trends, network and make memorable connections with others, learn invaluable knowledge of women's health, and fight the No. 1 killer of women - heart disease.

STEM Goes Red is locally sponsored by



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We **Go Red**
to make a **difference**
in the **Orlando**
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The USTA is proud to support the Orlando Go Red for Women Celebration and its promotion of a healthy and active lifestyle.

Your important work has helped to improve the lives and longevity of women in our community and around the country.



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2026 Chairperson



Anjali Vyas, MD MBA

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**List updated as of 2/3/2025*



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