



American
Heart
Association.

American Heart Association.



***Mid-South Go Red for Women
Luncheon & Survivor
Fashion Show***

Friday, September 12th | 10:30am-1:30pm | Hilton Memphis

***Disco
Divas***

"STAYIN' ALIVE NEVER LOOKED SO GOOD"



**PROUD
SPONSOR
OF GO RED
FOR WOMEN**



FROM THE HEART

Dear Friend of Heart,

With profound gratitude and heartfelt thanks, welcome to the 2025 Mid-South 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





Protect your heart for the ones you love.


Vascular care can help protect your heart so you can be there for the ones you love. As Regional One Health celebrates Go Red for Women, we're proud to offer a team of vascular surgeons who can provide the screening, treatment and monitoring you need for a lifetime of better cardiovascular health.

Vascular Care at Regional One Health: 901-545-7222

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TOMORROWS



Dr. Erica Mitchell is an expert in minimally invasive vascular and endovascular surgery. She leads a team that makes care available to all Mid-South patients.

 Regional One Health

www.regionalonehealth.org



FROM THE 2025 EXECUTIVE LEADERSHIP TEAM

Dear Friends,

Welcome to the 2025 Mid-South Go Red for Women Luncheon. Your presence is proof that women's heart health is worth showing up for and that change begins in this very room.

Cardiovascular disease is still the leading killer of women, but today proves that change is possible when a community comes together. This event is more than music, fashion, and celebration. It is a powerful gathering of survivors, advocates, and supporters who are funding lifesaving research, raising awareness, and empowering women to take charge of their health.

We are deeply grateful to every survivor who shares her story, to every volunteer who gives their time, to every sponsor who invests in this mission, and to every guest who chose to be here today. Your generosity fuels breakthroughs in prevention, treatment, and education that are saving lives right here in the Mid-South and beyond.

So let's celebrate, connect, and give with purpose. Together we can create a future where every woman has the chance to live a long, healthy, and joy-filled life and keep dancing through it.

With heartfelt thanks,

The 2025 Mid-South Go Red for Women Executive Leadership Team

Setting the standard for inpatient rehabilitation

Encompass Health is the nation's largest system of inpatient rehabilitation hospitals, setting the standard for high-quality patient experiences and outcomes.

We are proud to support the life-saving efforts of the American Heart Association and the American Stroke Association.



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encompasshealth.com/memphisrehab

Encompass Health is a national supporter of Together to End Stroke



American Stroke Association
A division of the American Heart Association.

Together to End Stroke



FROM THE BOARD CHAIR & PRESIDENT

To Our Go Red for Women Community,

It is our honor to welcome you to the 2025 Mid-South Go Red for Women Luncheon. This event is proof of the incredible impact we can make when our community unites for women's heart health.

Through the American Heart Association and the Go Red for Women movement, we have advanced lifesaving research, provided heart health education to thousands, trained our community in CPR, and empowered women to know their risk and protect their health. We are also committed to shaping the future by encouraging more women to lead in science, technology, engineering, and math, and by supporting research conducted by women for women because representation matters when it comes to discoveries that save lives.

Your support today will fuel the next breakthroughs in prevention, treatment, and awareness. On behalf of the entire Mid-South Board of Directors and the American Heart Association, thank you for being part of this mission and for helping create a healthier future for every woman in the Mid-South.

With appreciation,

Andy Davis

Chair, Mid-South Board of Directors



Dr. Cassandra Howard

President, Mid-South Board of Directors





Public Health
Prevent. Promote. Protect.
Shelby County Health Department



2025

WOMAN OF IMPACT

Courtney Tipper

AMERICAN HEART
ASSOCIATION MID-SOUTH

GO RED FOR
WOMEN.



EVENT LEADERSHIP

Executive Leadership Team Members

Robert Burns

Lori J. Evans

Teleesa Payne Mason

Dr. Mary MJ McConner

Dr. Shokea Miller

Dr. Michelle Taylor

EVENT PROGRAM

10:30 AM

Health & Wellness Expo

Open Your Heart Story

Charmaine Buchanan

12:00 PM

Welcome & Opening Remarks

Gina Neely

2025 Women of Impact &

Volunteer of the Year Awards

Dr. Mary McConner, ELT Member

Kate Staggs, AHA Staff

Survivor Fashion Show

Alexandra Nicole, Emcee

1:30 PM

Luncheon Ends

TODAY'S MENU

Organic Chicken

Herb Marinated Chicken Breast, Creamy Polenta,
Italian Spinach

Served with House Salad and Dinner Rolls

UT THE UNIVERSITY OF TENNESSEE
HEALTH SCIENCE CENTER

**proudly supports the
Go Red for Women Movement and our
2025 Women of Impact:**

**WENDY LIKES,
PHD, DNSC, APRN-BC,
FAAN, FAANP**

Dean, College of Nursing



**JAMILA SMITH-YOUNG,
DNP, MPH, CPNP-AC**

Associate Professor

City of **MEMPHIS**

is proud to support the
American Heart Association's mission
and the Go Red for Women Movement!



THANK YOU TO OUR SPONSORS!

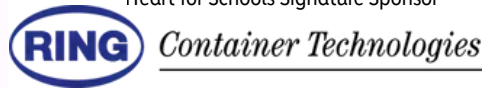
A special thank you to our Go Red for Women Luncheon supporters

Go Red for Women is nationally sponsored by



Go Red for Women is locally sponsored by

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TABLE SPONSORS

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EDGE, in memory of Gloria Pearl Proctor

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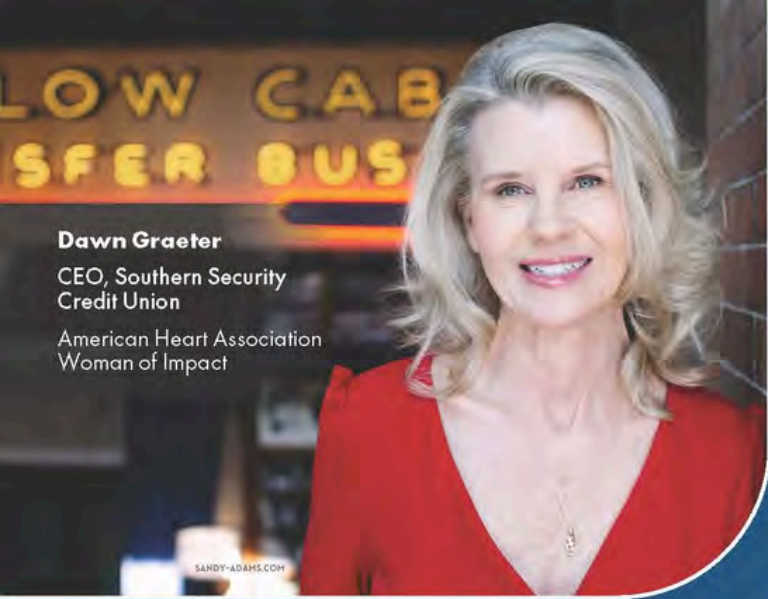
Memphis Grizzlies

Methodist Le Bonheur Healthcare

MLGW

MOGA





Dawn Graeter

CEO, Southern Security
Credit Union

American Heart Association
Woman of Impact

Inspiring Change Making Impact

We proudly celebrate the American Heart Association Women of Impact including our own CEO, Dawn Graeter. Through their leadership, compassion, and dedication, they inspire change and make a lasting impact on our community and beyond.

 **SOUTHERN SECURITY**
YOUR HOME TEAM CREDIT UNION

southernsecurity.org | 901.452.7900
819 Southern Home Road (New Address Fall 2025)



For the Ladies in Red

We are proud to support the American Heart Association's Go Red For Women movement to impact the lives of women affected by cardiovascular diseases and celebrate survivors.

ORGILL



American
Heart
Association.

2025 MID-SOUTH BOARD OF DIRECTORS

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Turner Construction

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Dr. Cassandra Howard
Methodist University

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Stern Cardiovascular Foundation

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Dr. Benjamin "Rush" Waller
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Roxanne McGonigal

Doug McGowen
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Marques Young
Edward Jones

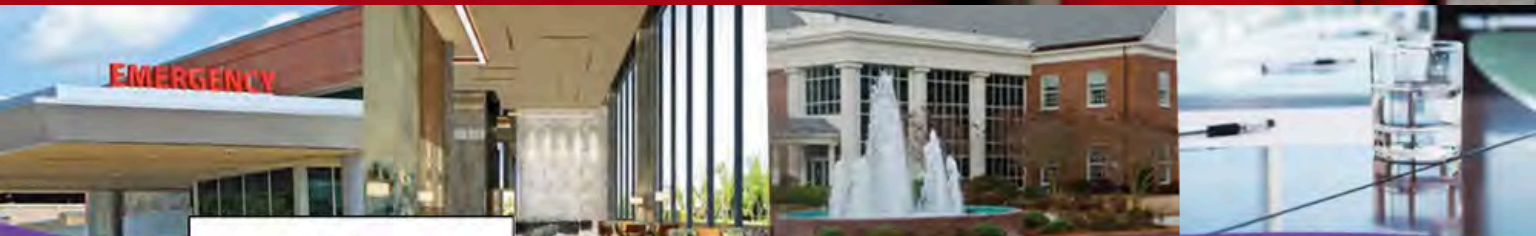


We proudly celebrate a true
Woman of Impact.

Dawn Graeter

Thank you for **leading with heart** and
inspiring positive change in our community!

*CEO, Southern Security FCU
Board Chair, Confluent Strategies*



**HEART HEALTH IS
COMMUNITY HEALTH**

KBG Technologies is committed to community wellness
and building a healthier future for women and families.
We are proud to support The American Heart
Association's **Go Red** for Women movement.

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Specialty Water Treatment
Kathy Buckman Gibson, President and CEO



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 LEGACY MEMBERS

Robert Burns
Holley Cary
Dr. Andrea Curry
Lori J. Evans
Sandra Quinn-Frieson
Kathy Buckman Gibson
Stacey & Robert Hyde
Joann Massey
Teleesa Payne-Mason
Susan Springfield

CIRCLE OF RED MEMBERS

Trina Bohanner	Dr. Ptosha Jackson
Tanya Hart	Deidre Malone
Dr. Cassandra Howard	Dr. Mary McConner
Deborah Carter Johnson	Ocpivia Stafford
Sharon Harris	Susan Stephenson
	Beth Wilson



American Heart Association®

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 MID-SOUTH COR VITAE SOCIETY MEMBERS.

PRESIDENT'S CIRCLE

Anonymous

Anonymous

PACESETTER'S CIRCLE

James & Margaret Lackie

PULSE CIRCLE

Kathy Buckman & JW Gibson

Johnny & Kimberly Pitts

CHAMPIONS CIRCLE

Ron & Anise Belz

Michael & Marian Bruns

Jennifer & Rob Carter

Joey Conner

Susan Cox

Hal & Angela Crocker

John & Leslie Daniel

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Randy & Vicki Fisher

Mark Fogelman

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Susan & Thomas Stephenson

Jill & Mark Taylor

Dr. Michael & Rebecca Ugwueke

Dr. Rush & Clara Gwen Waller

Beth Wilson



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*Stern Cardiovascular is a proud sponsor of Go Red for Women
and the American Heart Association's mission!*

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American Heart
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MID-SOUTH AHA STAFF

Executive Director - Mandy Joyce

Senior Development Director - Kate Staggs

Event Planning Coordinator - Sarah Roaten

Development Coordinator - Libby Wyatt

Communications & Marketing Director - Alyssa Paige

Heart Challenge Director - Morgan Horton

Heart of Memphis Director - Lauren Goff

Community Impact Director - Cheree' Albritton

Regional Director, West TN - Amy Morris



American Heart Association.



2025 MID-SOUTH WOMEN OF IMPACT



Beth Wilson



Chandell Ryan



Dawn Graeter



Deidre Malone

Portraits by Sandy Adams Photography



American Heart Association.



2025 MID-SOUTH WOMEN OF IMPACT



Jamila Smith-Young



Latrivia Welch



Rebecca Cullison



Tanya Hart

Portraits by Sandy Adams Photography



2025 MID-SOUTH WOMEN OF IMPACT



Dr. Wendy Likes



Courtney Tipper
2025 Top Fundraiser



Dr. Michelle Taylor
2025 Woman of Impact Chair

Portraits by Sandy Adams Photography

Wilson PR

A proud sponsor of the 2025 Mid-South Go Red for Women Luncheon and supporter of the mission of the American Heart Association!

Wilson Public Relations is a woman-owned, award-winning, integrated communications firm based in Memphis, Tennessee.

WWW.WILSONPUBLICRELATIONS.COM

Beth Wilson, MBA, APR

Founder and CEO
2025 Mid-South Woman of Impact



4MEMPHIS MAGAZINE IS AVAILABLE IN THE

Heart of Memphis

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DOWNTOWN TO COLLIERVILLE
AT OVER 100 LOCATIONS



PEOPLE
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American
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American Heart Association.



SAVE THE DATE!

2025 Mid-South Heart Walk

October 26, 2025

Shelby Farms Park

2026 Mid-South Heart Ball

February 7, 2026

The Peabody Hotel

2026 Mid-South Go Red for Women Luncheon & Survivor Fashion Show

September 18, 2026

Hilton Memphis

Memphis

MAGAZINE

— Since 1976 —



Memphis Magazine is a proud media sponsor of the 2025 Mid-South Go Red for Women Luncheon and the American Heart Association's mission.

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Proud to be a supporter of the American Heart Association.



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**LA PRENSA
LATINA**
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American Heart Association.



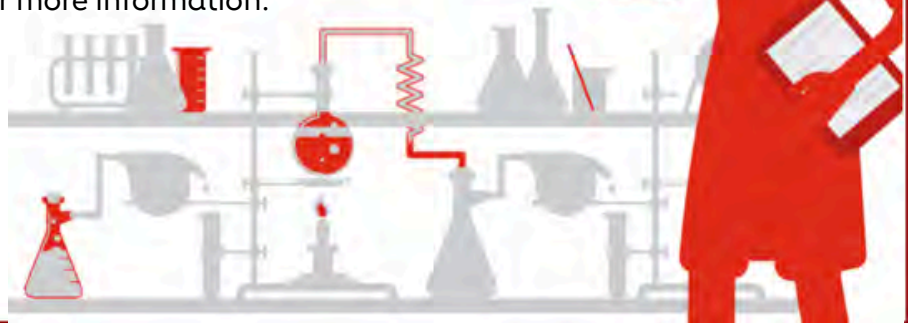
STEM GOES RED

As cardiovascular disease continues to be the #1 killer of women, ensuring more women are at the forefront of developing science, technology, engineering, and math (STEM) solutions has never been more imperative.

In March 2025, the Mid-South American Heart Association held its fourth annual STEM Goes Red - an inspiring, half-day event that brought an extraordinary group of 8th-grade young women in Shelby County together to explore STEM outside the classroom and taught them how they can one day join Go Red for Women's fight to save lives.

These future leaders were introduced to over 40 female STEM professionals from right here in Memphis, and walked away knowing they can make an impact in their world by following in these leaders' footsteps - into a future STEM career.

Interested in you or your company becoming involved in the 5th annual STEM Goes Red in Spring 2026? Please reach out to kate.staggs@heart.org for more information.





2025 STEM GOES RED FOR GIRLS



MLGW proudly sponsors the American Heart Association's mission for a heart-healthy Memphis.




The best of
big and small.

So you get it all.

First Horizon is the only bank that offers big bank capabilities with small bank flexibility. It's the powerful tools you need with the personal service you deserve. firsthorizon.com/getitall

Proud to support the 2025 Go Red For Women Luncheon.



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PathGroup
Physician Centered. Patient Focused.

is proud to support the American Heart Association's **Go Red for Women** movement!

pathgroup.com

PathGroup provides comprehensive anatomic, clinical and molecular pathology laboratory services to physician groups and hospitals across the U.S.

Independent Bank proudly supports the 2025 Mid-South Go Red for Women Luncheon, championing the American Heart Association's mission to combat heart disease in women.

i go red



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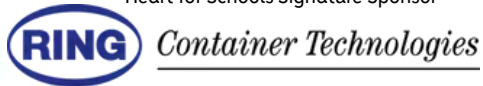
THANK YOU

TO OUR 2026

SEE YOU NEXT YEAR

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EDGE: In memory of Gloria Pearl Proctor
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GET SOCIAL!

Use **#MemGoRed** in your social media posts throughout the event.



@AHATennessee



@ahatennessee



@ahatennessee

To our 2025 Leadership, on behalf of the American Heart Association,

THANK YOU!

This event would not have been possible without the support of the Executive Leadership Team. Thank you for your dedication to the Go Red Movement and your commitment to advocating for a healthier Mid-South!

STEVE HARVEY
MORNING SHOW

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The Best Mix of R&B

WEEKDAY MORNINGS FROM 5AM-9AM

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Thank You

SO HONORED TO BE HOSTING
THIS YEAR'S FASHION EVENT IN
SUPPORT OF AMERICAN HEART
ASSOCIATION'S GO RED FOR
WOMEN'S MOVEMENT

Alexandra Nicole

Know the Warning Signs of Heart Attacks & Strokes



You Could Save Your Own Life



Cardiovascular disease is the leading cause of death in women. Heart attacks and strokes are life-or-death emergencies — every second counts. If you or someone you know is experiencing heart attack or stroke symptoms, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. This may improve your chances of getting better faster.



Heart Attack Warning Signs

- Chest discomfort
- Shortness of breath
- Discomfort in the upper body
- Cold sweat, nausea or lightheadedness



Stroke Warning Signs

- Numbness in face, arms or legs
- Sudden confusion or trouble speaking
- Vision impairment or headache
- Dizziness or loss of balance

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke. The letters stand for:

F - FACIAL DROOPING

A - ARM WEAKNESS

S - SPEECH DIFFICULTY

T - TIME TO CALL 911



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