



American Heart Association.



GARDEN STATE GO RED FOR WOMEN LUNCHEON

Wednesday, May 17, 2023 • 10:00 am • The Marigold



GET RED-Y FOR THE EXPERIENCE

Please take a few minutes to read this email in its entirety for **important event details and reminders** to ensure you have a wonderful guest experience.

- The event will be held on Wednesday, May 17, 2023 at [The Marigold](#) and check-in opens at **10:00 am**.
- There is ample parking at the venue at no additional charge.
- After checking in, enjoy networking, silent auction, hula hoop demonstrations and educational pop-up stations. Following the networking hour, partake in two educational sessions hosted by Capital Health and Hackensack Meridian Health.
- Remember to wear your **RED!** Bold head to toe red or just a fun pop, we will create a sea of red to symbolize women coming together for a common cause...we cannot wait to see a room of **RED!**
- Support our healthy food drive with donations of **non-perishable healthy foods**. Donations will be collected in the lobby. Our Healthy food drive is supported by RWJBarnabas Health.



TICKETS & EVENT CHECK-IN

QR codes can be shown & scanned via phone. We will be texting out a ticket link to all guests with a cell phone number on file prior to the event for easy access. Guests who do not have their QR code will not be able to utilize the "fast pass" option and will be directed to the check-in desk.

Stay up to date on event details and ensure you get all event notices, including outbid texts, by **reviewing and updating your event profile**. Visit <https://event.gives/gsgored> and click the menu bars on the top right, then login with your email or phone number and click **Profile** to review the information we have and make any necessary updates.

From this section you can also add a credit or debit card for any purchases and/or donations. We strongly encourage you to upload a credit card to your account before the event to avoid waiting in line at check-in.

If have any issues accessing your ticket(s) or updating your profile or any questions about the event please contact lauryn.walsh@heart.org.



MAIN PROGRAM

Our program will feature:

An Inspiring Survivor Spotlight

Hear an inspiring story of surviving and thriving from heart-transplant survivor Brittany Knapp. Brittany, a cardiac care nurse, will share her moving story of surviving not only a heart-transplant but also cancer and how her new heart has given her more time to be with her son, Preston.

Open Your Heart Ceremony

More than 1 million women's lives have been saved since 2004. Featuring a passionate story of courage and resilience, the Go Red for Women Open Your Heart Ceremony is a powerful and personal opportunity to fund research and education. Help make another 1 million women's stories of survival possible.

Acapella performance by The Trentones from The College of New Jersey

Keynote Speech

Getting a good night's sleep every night is vital to health. Presented by Carol Ash, DO, MHCDS, Chief Medical Officer of RWJBarnabas Health Rahway, the keynote address will focus on sleep health and its crucial importance to overall health and mental well-being. A renowned sleep health expert, Dr. Ash spent more than 20 years practicing and studying sleep medicine.



SILENT AUCTION



Glorious Gardening



Fairway to Heaven



This Package Has Heart!

The silent auction will open for bidding on Monday, May 15 at 10 am and close on Wednesday, May 17 at 1:30 pm. Visit <http://event.gives/gsgored/items> to browse and get ready to bid on May 15!

Upon close of the auction, winners will be notified via text and sent a link to their cart to pay for their items. Items will be available for pick-up at the close of the event.



COVID-19 PROTOCOLS

As an organization dedicated to the health and well-being of our survivors, volunteers, guests and staff, the American Heart Association's leadership is constantly monitoring the COVID-19 pandemic. Visit our event [website](#) for current COVID protocols.