

The heart OF YOUR COMMUNITY



AMERICAN HEART MONTH

FEBRUARY 2015

A month to focus on the prevention of heart disease, the No. 1 killer of all Americans. Find materials and other resources at www.heart.org. Visit www.facebook.com/jointhefightlv for local activities and events.

NATIONAL WEAR RED DAY

FEBRUARY 6, 2015

Wear red and support women's fight against heart disease. Find materials and other resources at www.goredforwomen.org/wearredday. Visit www.facebook.com/jointhefightlv for local activities and events.

GO RED TOTAL MAKEOVER EVENT

FEBRUARY 7, 2015

Macy's and the American Heart Association host this event at Macy's at the Fashion Show Mall. Informational stations, health screenings, make-overs, beauty tips and tricks, giveaways and more!

10TH ANNUAL GO RED FOR WOMEN LUNCHEON

FEBRUARY 27, 2015

Inspiring and educational at the same time, this luncheon and educational day helps women fight heart disease and stroke. 2015 at Bellagio Hotel, Las Vegas. Visit: [lvgored.heart.org](http://vgored.heart.org) for more information.

4TH ANNUAL GO RED POR TU CORAZÓN LUNCHEON

FEBRUARY 28, 2015

Go Red Por Tu Corazón celebrates the energy, passion and power Hispanic women have to band together to wipe out heart disease. See www.lvportucorazon.org for more information and to buy tickets.

CARDIOVASCULAR WORKSHOP

MARCH 7, 2015

Put on by our Get With The Guidelines group, this no cost workshop covers a number of topics and CEU credits are available. 7:30am-4pm at Springs Preserve, contact joel.liu@heart.org for more information.

AHA WEAR RED AND SHARE @ THE LEGISLATURE

MARCH 31, 2015

A day at the legislature dedicated to Heart Disease and Stroke Issues. AHA volunteers and survivors will interact with Nevada Legislators and share why we continue to advocate for issues that address heart disease and stroke. In Carson City Nevada – Legislative Building Room 3100

NATIONAL WALKING DAY

APRIL 1, 2015

Put on your sneakers and wear them to work as a symbol of your determination to walk more, eat well and live longer. Find materials and other resources at www.startwalkingnow.org.

SAVING STROKES GOLF CLINIC

APRIL 10, 2015

A free Golf and Fitness training for Stroke Victors and those with disabilities; this program provides survivors with an opportunity to engage in a fun social and educational experience at beautiful Angel Park Golf Course.

25TH ANNUAL HEART BALL

APRIL 11, 2015

The American Heart Association's annual "red-tie" gala. This event promises to be spectacular- featuring a silent and live auction, a wonderful seated dinner, followed by entertainment and dancing. 2015 location – Four Seasons, Las Vegas. Visit: lvheartball.heart.org for more information and to buy tickets.

AMERICAN STROKE MONTH

MAY 2015

A month to focus on stroke, the No. 4 killer. Find materials and other resources at www.strokeassociation.org. Visit www.facebook.com/jointhefightlv for local activities and events.

TOGETHER TO END STROKE ZUMBATHON

TBD JUNE 2015

Educational event to raise awareness about stroke. Zumba instructors join forces to educate on stroke awareness and having fun at the same time!

5TH ANNUAL FLAVORS OF THE HEART

TBD SEPTEMBER 2015

Local restaurants will create special heart healthy dishes that will surprise your taste buds. Discover new restaurants, new recipes and new ways to live healthy. Visit: www.flavorsoftheheart.com for more information.

NATIONAL EATING HEALTHY DAY

NOVEMBER 4, 2015

Promote healthy eating and celebrate those who have made a change for themselves and the world. Find materials and other resources at www.startwalkingnow.org.

24TH ANNUAL HEART & STROKE WALK

TBD FALL 2015

Part of the **My Heart. My Life.** program, the American Heart Association's community healthy-living initiative, this signature 5k Walk honors survivors, remembers lives touched by heart disease and stroke, and raises funds for medical research and community education programs. Please visit www.LasVegasHeartWalk.org

Since 1924 the American Heart Association has helped protect people of all ages and ethnicities from the ravages of heart disease and stroke. These diseases, the nation's No. 1 and No. 4 killers, claim more than 930,000 American lives a year.

OUR MISSION

Building healthier lives free of cardiovascular disease and stroke

OUR GOAL

By 2020 to improve the cardiovascular health of all Americans by 20% while reducing deaths from cardiovascular disease & stroke by 20%

OUR PROMISE

The American Heart Association has an extraordinary impact on your life by empowering you and your loved ones to save lives, live healthier and enjoy more peace of mind about cardiovascular health

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