Women's Heart Health Symposium

Agenda

7:00-9:00 am	***Know Your Heart Health Numbers*** *Health Screenings and Results Review *Limited participation for early registrants*
9:00-9:05 am	***Welcome Ladies***
9:05-9:30 am	***Me-Hab: Living Your Life with Joy, Purpose, and Energy*** *Heather Perram Frank, Jump Strategies* *Media Strategist*
9:30-9:50 am	***Past the Boiling Point: Understanding Hypertension in Women*** *Dr. Jan Basile, MUSC Hypertension Specialist*
9:50-10:05 am	***Sodium and a Woman's Heart: How to Rid Yourself of Salt for Good*** *Amy Mendez, RD, LD, MPH,* *Director of Nutrition, Seinsheimer CV Health Program*
10:05-10:20 am	***Am I at Risk--How Can I Know for Sure? New Tests to Identify Heart Attack Risk in Women*** *Dr. Pamela Morris, MUSC Preventive Cardiologist*
10:20-10:30 am	***The Doctor is In:*** *Question and Answers with Speakers*
10:30-11:00 am	***Refreshment Break and Expo Browsing***
11:00-11:15 am	***Marine Boot Camp Fitness Break:*** *It's All About Discipline, Commitment, and a Cool Uniform!*
11:15-11:45 am	***Opening Clogged Arteries: Understanding Coronary Stents in Women*** *Dr. Daniel Steinberg, MUSC Cardiologist*
11:45-12:45 pm	***Heart Healthy Lunch Break: Yes, Healthy can be Delicious!*** *Lunchtime Entertainment: Zumba Fitness: Ditch the Workout and Join the Party!* *James Johnson*
12:45-1:05 pm	***Vascular Screening Tests: How to Know When Testing is Right for You*** Dr. Bruce Elliott, Director, MUSC Vascular Surgery
1:05-1:30 pm	***It Must Have Slipped My Mind: Understanding Stroke Symptoms and Risk in Women*** *Dr. Tanya Turan, MUSC Neurologist*
1:30-1:45 pm	***Take a Walk on the Wild Side! Exercise and a Woman's Heart!*** Dr. Marian Taylor, Director, MUSC Cardiac Rehab
1:45-2:00 pm	***Cholesterol--Even Lower, Even Better: And How to Get It There*** Kellie McLain, ANP, MUSC Clinical Lipid Specialist
2:00-2:15 pm	***"Fitness 4 All" Exercise Break*** Brenda Murray
2:15-2:45 pm	***Go Red Fashion Show*** Beautiful MUSC ***Heart*** and Vascular Center staff and patients in stunning ***red*** fashions provided by generous area merchants
2:45-3:00 pm	***Prize Giveaways!*** **Must be present to win!** ***Testimonial***