

# Pandas Go Red!

Friday March 27<sup>th</sup>

Presented by:



Thank you all for being a part of Wear Red Day! In partnership with The Christ Hospital Health Network and PNC Bank, the American Heart Association is thrilled to have the opportunity to educate each of you on the risks and prevention of Heart Disease and Stroke. Below is an outline of the "Pandas Go Red" program and health fair. Please review each topic with your parents so that you are prepared to learn how YOU can live a heart healthy life! With this sheet is a "Heart Health Family Tree". Because heart disease can be genetic, it's important to know your family history. We encourage you to fill this out with your family and learn more about your risk. **DON'T FORGET TO TO WEAR RED ON FRIDAY! WE'RE GOING TO HAVE SOME FUN PHOTO OPPS FOR YOU TO BE A PART OF IF YOU WEAR RED! And you can donate \$1 to have a "heart" posted up in the cafeteria with your name on it!**



## Program agenda:

**Arrive in Gym – 8:40am**

**Welcome from Notre Dame Academy President: Dr. Laura Koehl**

**"Heart Disease Touches Every Age" - short video**

**Welcome from Kay Geiger, President PNC Bank, Past Go Red For Women Chair**

**IT'S TIME TO GO RED! – Sheila Gray, Good Morning Cincinnati Anchor, Local 12**

**"My Story" – Megan Johns, Survivor**

**"Your Heart – Why Start Now?" - Dr. Monica Hunter, 2015 Go Red Chair, The Christ Hospital Health Network**

**Go Red For Women Health Fair in Auditorium -Begins at 8am – break for program at 8:40am – back at 10:30am**  
**presented by: The Christ Hospital Health Network and PNC Bank**

- **Talk with a Doc!** – Do you have specific questions you would like to ask a cardiologist or a primary care doctor? Bring your family tree with you to this booth!
- **Nutrition/Getting Active** – Do you know how to read labels and what to stay away from? How about making smart choices when you eat out? Learn some great tips on how to eat healthy and stay active!
- **Know Your Numbers** – Ask your parents prior to the event what your blood pressure, cholesterol and glucose numbers are. At this station you can get your blood pressure checked and learn what "good" numbers are!
- **Financial Wellness** – PNC Bank
- **Christ College of Nursing** – Are you interested in a career in healthcare? Learn more about The Christ College of Nursing programs!
- **Go Red For Women** – How do you get involved? Information on heart disease in women

**Passport information:** Each of you will be given a Pandas Go Red Passport to get stamped at each booth in the health fair. Once you've had each station stamped you'll be entered to win one of the following:

BEATS by Dre Red Headphones  
Tickets to a Cincinnati Reds Game

Go Red For Women Gift Swag Bag  
FitBit