

Sell-out wellness event takes women to heart

SPECIAL TO THE CHRONICLE

Red H.E.A.R.R.T. (Help Educate and Reduce Risk Today) hosted a sell-out Women's Red Bottom Shoes Luncheon & Wellness Event at the M.C. Benton Convention Center. The sell-out event was created with the goal of educating women, specifically women of color, about heart health issues, preventive solutions, dietary and physical exercise tips, and delivering messages of empowerment and encouragement.

Attendees visited over 25 vendors, with booths and products ranging from pampering to health assessment and weight management. The wellness event on Saturday, Feb. 20, featured pampering booths such as neck and shoulder massages, hand massages, and Belk's make-over; health assessment booths including body mass index, blood pressure and sugar glucose check; weight management booths from the YWCA and New Balance; health education booths from the Career Center Young Chefs and Healthy Alternatives; and others.

There were several door prizes, including the grand prize of a pair of

Christian Loubatin's Red Bottom shoes. The winner of those shoes was Angela Walker Johnson.

During the course of the luncheon, attendees were treated to several short presentations, including a meditation led by the event organizer, Cheryl



Lindsay

Lindsay, to emphasize the importance of taking a couple of minutes out of your day to think of things that you're grateful for and happy about to relieve stress.

An article released by the American Heart Association notes that recent studies have offered promising results about the impact of meditation in

reducing blood pressure. A 2012 study showed that African-Americans with heart disease who practiced meditation regularly were 48 percent less likely to have a heart attack, stroke or die, compared with African-Americans who attended a health education class for more than 5 years.

According to studies from the American Heart Association, Cardiovascular disease (CVD), including heart disease and stroke, remain the No. 1 killer of Americans. CVD exacts a disproportionate toll on many racial and ethnic groups who have higher rates of CVD and its risk factors. These groups also have challenges around diagnosis and care, as well as quality of treatment compared to that of their white counterparts.

Sponsors

Sponsors & Partners for Red H.E.A.R.R.T.'s 2016 Zumba/Health Affair, held on Feb. 5, and Red Bottom Shoes Luncheon are: Red Bottom Premiere Platform Sponsors - Wells Fargo, The Links, Inc. and HanesBrands Inc; Supporting Partners and Sponsors - Novant; The City of Winston-Salem; The office of the Mayor; Alpha Kappa Alpha Sorority, Inc.; Top Ladies

of Distinction Inc.; Twin City Quarter (Marriott, Benton Convention Center); Union Baptist Church; Women's Wellness & ZT Studio and Delta Sigma Theta, Inc.; Randolph Childress/Wake Forest University; and The Chronicle of Winston-Salem.

About Red H.E.A.R.R.T.

Red H.E.A.R.R.T. was designed by Cheryl Lindsay with her mother, Gail Lindsay, in mind. The events sponsored by Red HEARRT coincide with the National Go Red February campaigns. Cheryl Goes Red for her mother, who died too young of heart disease. Over the last six years, Cheryl has battled high blood pressure and low HDL. More recently, she was diagnosed with pattern B - LDL cholesterol. Pattern B is associated with accelerated atherosclerosis and a three- to five-fold increase in heart attack risk. Cheryl's desire is to save the lives of others through education and resources.

Red H.E.A.R.R.T.'s Initiative started in 2010 with a small Heart Health Fair, and has since expanded to include all ages and incorporate the Winston-Salem/Forsyth County



Submitted photos

Angela Walker Johnson wins the pair of Christian Loubatin's Red Bottom shoes.

school system partnership with Mayor Allan Joines, the City of Winston-Salem, Novant Health and others.

In 2013, as part of the campaign, more than 1,000 students and Mayor Allen Joines broke the Guinness World Record for having the most number of people doing sit-ups at one time for one minute. For more information, contact Cheryl Lindsay at 336-655-5101 or lindsay_cheryl@bell-south.net. Last year, we expanded our reach to the overall community and colleges by asking all to join us for a Guinness world record attempt to do sit-ups for one minute at the Gateway

YWCA - and they did just that. Over 414 people within our community and Mayor Allen Joines broke the Guinness World Record for having the most number of people doing sit-ups at one time for one minute.

For more information, contact Cheryl Lindsay at 336-655-5101 or lindsay_cheryl@bell-south.net.



The following are Heart Survivors or people walking on behalf of loved ones or in memory of loved ones: Tammy Hardin, Reba Warren, Taryn Wheeler Steen, Sadie Lawrence, Brett Blevins and Debbie Uren.



Women take a break for a photo at the Women's Red Bottom Shoes Luncheon & Wellness Event at the M.C. Benton Convention Center in February. Standing are (L-R): Janet Wheeler, attendee; and speakers Lisa Caldwell, Judge Denise Hartsfield and Dr. Kia Hood. Sitting are (L-R): Talitha Vickers of WXII-TV, Debra Terry Stephens, Dr. Chere Chase-Gregory & Mrs. Rita Wilson



Cheryl Lindsay speaks at the Women's Red Bottom Shoes Luncheon & Wellness Event at the M.C. Benton Convention Center in February.

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