

Session Schedule

- 8:30am – 8:50am
- Registration and Continental Breakfast Bistro
 - Health Screening and Assessments
Spinal Screening by Arctic Chiropractic
Hearing Tests by Quota Club
Blood Pressure Checks by Tanana Valley Clinic
 - Vendors
 - Shopping at the Auction Gallery
 - Photo Booth Activities

8:50am – 9:00am The Go Red Opening Remarks & Kick Off Session
Prow Room

- 9:10am – 9:50am Educational Sessions
- Mindless Eating
Prow Room
 - The Why's and How's of Exercise
Champion Room
 - Women and Heart Disease: Knowing the Facts
May Save Your Life
Jubilee Room

- 10:20am – 11:00am Educational Sessions
- Keys to a Healthy-Snack Home
Prow Room
 - Healthy Legs, A Healthier You: New Laser-Based
Treatments For Painful Varicose Veins
Champion Room
 - Osteopathic Manipulation: Get Moving and Get
Heart Healthy
Jubilee Room

11:00am The Go Red Luncheon Program
Featuring Key Note Speaker Deanna Latson, Director Good
Thinking Company and The Survivor Walk of Fashion with
Victoria Rivera – the Sadler's Home Furnishings Lady