



*9th Annual
Let's Have A*

Heart to Heart

An evening dedicated to women's wellness

Wednesday, September 28, 2022

Seven Oaks Country Club - 5:00 p.m.



*Keynote Speaker:
Dr. Grace Tarabay-
Caridad*

*“A Healthy Diet
beyond Heart
Health”*



Presented by Beaver County Cancer & Heart Association

Heart to Heart: an evening dedicated to women's wellness

Beaver County Cancer & Heart Association is hosting this event to encourage women to take care of themselves. Diseases like cancer and heart disease can be prevented by maintaining a healthy weight, eating properly, getting sufficient sleep and exercising. Women need to take action for their health. If you don't take care of yourself first, you will not be able to help those around you.

The Event

The doors will be open for Registration at 5:00 p.m. There will be two workshop sessions this year, the first one starting promptly at 5:30 p.m and the second one starting at 6:15 with a 15 minute break in between the workshop sessions. Dinner will be served at 7:00 p.m. The dinner menu is tossed salad, chicken bruschetta, roasted yukon potatoes, fresh vegetable medley and pumpkin pie for dessert. Dr. Tarabay-Caridad will begin speaking after dinner is served followed by the chinese auction.

Our Keynote Speaker: Dr. Grace Tarabay-Caridad



Dr. Grace Tarabay-Caridad is a medical oncologist who sees all medical oncology cases. Board-certified in internal medicine, oncology and hematology, Dr. Tarabay-Caridad received her medical degree from American University of Beirut Medical Center in Beirut, Lebanon. She completed her fellowship at St. Vincent's Comprehensive Cancer Center in New York and her residency at Staten Island University Hospital in New York. Being a busy female oncologist, Dr. Tarabay-Caridad is able to relate to her female patients especially in regards to the journey that they are undertaking or beginning to take.

A Healthy Diet Beyond Heart Health

Cancer is the second cause of death for women with cardiac disease being number one. Can cancer be prevented? Would it help if we ate better? Exercise more? Do you know that there is a link of diet to cancer? Dr. Tarabay-Caridad will be sharing cancer information to help us increase our chances of preventing cancer.



2022 Emcee: Mary Ours

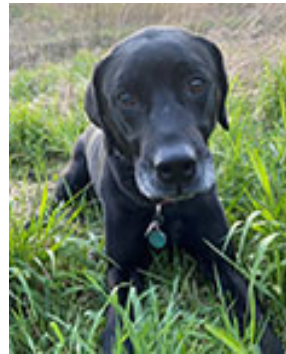
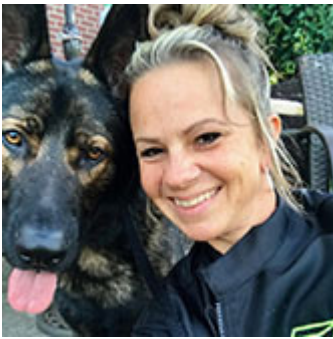
Beaver County's own Mary Ours, KDKA meteorologist will be our emcee. Mary is a graduate of Lincoln Park Performing Arts Charter School where she majored in Musical Theater.

The Workshop Leaders

Paul Anthony & Company Lean on Me



Paul has been involved with dogs since he started training Labrador Retrievers in the 80s. He and his Belgian Malinois, Finn, have traveled all over the world competing but Finn's main job is helping Paul with his PTSD. Paul, Finn and his group of both 4 and 2 legged friends will be talking about the benefits of dogs and helping us overcome anxiety, stress, grief, trauma, illness and other issues that affect our lives. Please note that the dogs will be entering/exiting through a separate entrance and will only be in the workshop room.



Celina Pompeani Mathison Walk Run Lift



As the in-arena host, many of you have seen Celina on television during the Pittsburgh Penguins hockey games. We are delighted to have Celina, a Beaver county girl, join us to discuss the Walk at Home program. As a spokesperson, a fitness leader and on-camera personality with Walk at Home, Celina teaches classes every week at Walk Run Lift Studio in the Strip District and loves helping the community stay active! Walk Run Lift workouts are the new exercise series from the creators of Walk at Home. If you are looking for other options to encourage you to exercise, this might be a good fit. Sssshhhh, this is a secret - she might be working on something special with somebody from the event.

Dr. Jill Perry Mindfulness and The Mind-Body Story



Jill Perry is doing her part to make the world a better place. As a therapist with over 25 years of experience, she specializes in dealing with substance use, recovery and trauma. In addition, she is trained in Eye Movement Desensitization and Re-processing (EMDR), a technique used to help people process trauma and get relief from physical and emotional symptoms. Ms. Perry owns and operates JP Counseling & Associates, LLC, in Beaver, PA where the staff have expertise in substance use and recovery, trauma, grief and marital counseling. In addition, Ms. Perry teaches in the Graduate Counseling Department at Geneva College and assists with grants in the community. Ms. Perry is an enthusiastic trainer and public speaker and teaches and motivates professionals and the community.

FRONT AND BACK OF THE 2022 SURVIVOR T-SHIRT



2023 Survivor T-shirt

Time to Celebrate You as a “Survivor” and all “Survivors” of Beaver County

For the most part, everybody knows of somebody or has a family member or friend that has survived cancer, is currently battling cancer or is in treatment with cancer. We also know of somebody or have a family member or friend that has had a cardiac event. The lavender color ribbon within the “o” represents all cancers and the red heart in the “o” represents heart conditions. This t-shirt design emphasizes both our cancer and heart programs and our commitment to the people of Beaver County.

For a \$100 donation, your company name or your name can be listed on the 2023 Survivor t-shirt.