

WELCOME!

Welcome to our NCBW 7th Annual Heart Healthy Wine Tasting event. Heart disease in women requires more attention, more research and swifter action. That's why Go Red for Women provides many opportunities for women and families everywhere to learn the facts about heart disease. Knowledge is power, and when you have all of the facts you can become an activist, advocate and educator to spread the word and inspire others to make heart health a No. 1 priority.

Everyday, Americans' lives are touched by heart disease and stroke. Whether it is our own health that is impacted or the lives of family members, friends, or co-workers, there is a lot at stake when it comes to fighting our nation's No. 1 and No. 5 killers. But we all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

We hope that you will do your part in the fight against heart disease and stroke. Sign up at www.youarethecure.org. You'll be able to communicate with key legislators, connect with advocates near you, and stay up-to-date on the heart and stroke issues that matter most to you.

Volunteer. Advocate. Take Action. Save Lives...Get involved today!

NCBW 100 Bergen/Passaic Health Committee

Paula Madison-Ryner, Chair

Ketsia Alerte Sadler, EdD, Co-Chair

Traci Burgess, M.D.

Afriye Amerson, M.D.

Janice Griffith Johnson

Stephanie Stokes

Dianne Tabron-Felder

Tami Weaver-Henry

Tammy Nicole Cooper

PROGRAM

Welcome

Paula Madison-Ryner, Chair, Health Committee
National Coalition of 100 Black Women, Inc., Bergen/Passaic

American Heart Association Video Montage

Introduction of Panelists

Dr. Traci Burgess, Health Committee
National Coalition of 100 Black Women, Inc., Bergen/Passaic

- *Panel Moderator- Dr. Paul Alexander, Vice President/Chief Medical Officer Government Programs; Horizon Blue Cross Blue Shield NJ*
- *Dr. Marcus Williams, Cardiologist, "Living Heart Healthy"*
- *Ms. Nkechi Fyle, Nutritionist- "Improving Your Diet for Your Heart's Health"*
- *Dr. Damyen Davis, Psychologist- "Stress Made Me Do It: The impact of stress and how to manage it"*
- *Survivor Stories*
- *Questions and Answers*

Call to Action/Pinning Ceremony

Dr. Afriye Amerson, Health Committee
National Coalition of 100 Black Women, Inc., Bergen/Passaic

Gifts/Door Prizes

Dr. Ketsia Alerte-Sadler, Co-Chair, and Tammy Nicole Cooper
Health Committee, National Coalition of 100 Black Women, Inc.,
Bergen/Passaic

Closing Remarks/Acknowledgements

Yvonne L. Witter, President
National Coalition of 100 Black Women, Inc., Bergen/Passaic

SPECIAL THANKS AND ACKNOWLEDGEMENTS

- ❖ *Wines provided by...*
 - Brotherhood Winery, Mr. Kevin Young
 - Chestnut Ridge Wine and Liquor Store, Mr. Alrick Davis
 - Peerless Beverages
- ❖ *Food provided by...*
 - Balthazar Bakery
 - Bartolomeo
 - Blue Moon Café
 - Blvd. Bistro
 - Bonefish Grill
 - Cassie's
 - Circle Square
 - Conrad Concessions
 - IHOP
 - Juice Plus
 - Maggiano's
 - Matisse Chocolatiers
 - Mortgage Apple Cake
 - Oil & Vinegar
 - Patisserie Florentine
 - Regina's Steakhouse
 - Regina's Sweet Temptations
 - Vitale's
 - Vittorio's
 - Whole Foods
- ❖ *Massages by Lefkowitz Wellness Center and the Back Care Center*
- ❖ *Music by Tracey "Tre" George*
- ❖ *Door Prizes provided by...*

Anna's Florist, Blue Mercury Montclair, Carousel Cakes, Cielo's Floral Designs, Crab House, 4 West Diner, Jeffrey Herbert, Jerry's Gourmet Deli, King's Supermarket, L & M Tax Services, Market Basket, Maggiano's, Marriott Glenpointe, Oil and Vinegar Montclair, Passaic Optimist Club, Sheraton Mahwah, ShopRite Englewood, Stew Leonards, Tiffany's Short Hills, Total Wines
- ❖ NCBW Bergen Passaic Membership, Ms. Yvonne Witter, President; PR Committee; Role Model Committee & Mentees
- ❖ Phyllis Brown-Edwards and Lori Villa, Englewood Hospital
- ❖ Horizon Blue Cross Blue Shield of NJ
- ❖ Panelists- Dr. Paul Alexander, Dr. Marcus Williams, Dr. Damyen Davis, Ms. Nkechi Fyle
- ❖ Heart Disease and Stroke "Survivors"
- ❖ PBA Local 197; Tim Wheeler, President
- ❖ 201 Magazine

The National Coalition of 100 Black Women, Bergen/Passaic Chapter is a 501(c)(3) non-profit organization comprised of a network of professional African American women who are committed to advocate on issues that directly impact their lives as well as the lives of the members of their communities. Our purpose and objective is to educate and raise awareness regarding disparities that exist in the areas of health, education and economics as they relate to the minority population, and to empower communities to become advocates for a better quality of life. Please visit our website at www.ncbwbergenpassaic.org.

*National Coalition of 100 Black Women, Inc.
Bergen/Passaic Chapter*

*7th Annual
Heart Healthy
Wine Tasting*

February 5, 2016

7:00 - 10:00 PM

Englewood Hospital & Medical Center



ENGLEWOOD
HOSPITAL AND MEDICAL CENTER



NCBW 100
Bergen/Passaic Chapter

Horizon.



Horizon Blue Cross Blue Shield of New Jersey