



Speakers and Artists in Residence

Kathy Kastan, with Memphis cardiologist Stacy Smith
Women's Health Advocate speaking on "From the Heart"
Tuesday, November 16, 2010; 7:00-9:00 P.M.*

Beth Sholom Synagogue

**Note the new date (different from catalog) for this event.*

*Sponsored by WRJ-Sisterhood in conjunction with Beth Sholom Synagogue's Sisterhood.
RSVP to Sisterhood hotline, 937-2790.*

Our distinguished featured guests bring a wide array of experiences, talent, and knowledge to the table. We hope you enjoy these experts in their respective fields.

"From the Heart" is a Ladies Night Out program designed to take care of YOU! The heart is the seat of the soul and the *mishkan* of the body. Learn how heart health is connected to your emotions and thoughts and your social, familial, and spiritual life. Get the tools to change and modify habits that negatively impact on the heart and overall health. This most memorable evening will include educational materials, coffee, snacks, and dessert from Kathy Kastan's cookbook *WomenHeart's All Heart Family Cookbook*.

Kathy Kastan, LCSW/MA Ed, a survivor of bypass surgery at age 42, understands the unique perspectives and challenges of women living with or at risk for developing heart disease. She is president emeritus of the board of directors of Women- Heart: The National Coalition for Women with Heart Disease. Since 2003, Kathy has been a national spokesperson for the National Heart, Lung and Blood Institute's The Heart Truth®/Red Dress campaign. In February 2010, she was awarded the *Woman's Day* Red Dress Award for her dedication to women and the heart disease movement.

