

ALPHA KAPPA ALPHA SORORITY, INC.®
Dr. Glenda Glover, International President

Pink Goes Red Day for Heart Health

February 1, 2019



- ★ Fireside chat with cardiologist, internal medicine physician, nutrition and exercise specialists
- ★ Heart healthy eating and food preparation demonstrations
- ★ Blood pressure monitoring
- ★ Stress reduction techniques
- ★ Movement and exercise
- ★ Record walking 8,000 steps with Dr. Glenda Glover on AKA1908
- ★ Use #AKAPINKGOESRED on your social media page.

10:00 a.m. – 1:00 p.m.

Cascade United Methodist Church

**3144 Cascade Road, SW
Atlanta, Georgia 30311**



#AKAPINKGOESRED

American Heart Association.

