

FEBURARY 2024
HEART HEALTH AWARENESS MONTH



Newsletter



FEBRUARY 24TH

THE INAUGURAL WOMEN'S HEART HEALTH SUMMIT



The Summit served as a pivotal platform to educate our community on the essentials of heart health and to provide crucial information aimed at changing the alarming statistic that 1 in 3 women succumb to heart disease. There were impactful testimonies from Michelle T. Black, owner of A Color Affair LLC, and Mrs. Stephanie P. Jones, Lowndes County Circuit Clerk. Our host, Katrina Parker, founder and CEO of Wealth, Health, and Fitness, presented enlightening videos courtesy of the American Heart Association. These videos were focused on fostering a deeper understanding of how to maintain our heart health and enhance our overall well-being. The event also featured self-care giveaways, marking just the beginning of our journey. Stay tuned for more enriching events. If you're looking to join a sisterhood dedicated to support, self-care, and healthy living, become a part of the Wealth, Health, and Fitness community @wealthhealthandnaturalfitness.com. Prepare to be inspired, empowered, and equipped with the knowledge necessary for leading a heart-healthy lifestyle. Together, let's embark on the path to a healthier heart! For more information about heart health resource @heart.org.

SPEAKERS



Mrs. Michelle T. Black

Speaker and Heart Disease Survivor

Tuning Into Your Body

Insights from Michelle: Michelle emphasizes the critical importance of being in sync with our body's signals. Identifying and heeding signs of fatigue, stress, and natural biorhythms enable individuals to prioritize their well-being, ensuring sufficient rest and better overall health.



Mrs. Stephanie P. Jones

Speaker and Heart Disease Survivor

The Art of Declining

Stephanie's Guidance: Stephanie stresses the necessity of establishing clear boundaries and the power of saying 'no.' This practice helps in effectively managing one's schedule, alleviating stress, and focusing on activities fundamental to one's health, including regular, restorative sleep.



(Picture from left to right) Denise Baity, Stephanie Jones, Katrina Parker, Rev. Gloria Johnson, Michelle Black, Evangelist Carolyn Griffin (not pictured)

1 IN 3 WOMEN DIE OF HEART DISEASE

A Heartfelt Mission:

Our mission is to inspire women to prioritize their heart health, cultivate holistic wellness practices, and embrace empowered lifestyles.

Shocked by the alarming statistic from the American Heart Association that 1 in 3 women are affected by heart disease, our CEO is passionately committed to promoting heart health. She leads the charge in offering natural health and wellness solutions, with a special focus on safeguarding the hearts of women.

Learn Hands- only CPR

Too many women go without help when suffering a cardiac arrest because bystanders are often afraid to touch them.



2024 INAUGURAL WOMEN'S HEART HEALTH SUMMIT



Life-saving Heart Health Tips

- Self-care time
- know Your Numbers
- Move More
- Healthy eating
- Participate in clinical Cardiovascular research



We extended our heartfelt gratitude to our speakers, Vendors, participants and contributors for your invaluable presence and support. Your participation and generosity enriched our community, and we were profoundly grateful for the positive impact you made. Thank you for joining us and contributing to our cause; your engagement and support were greatly appreciated and did not go unnoticed. We

looked forward to continuing this journey together and were deeply thankful for your commitment and kindness.

