

SAVE THE DATE



HEALTH EQUITY PANEL

Heart Safe, Stroke Smart: Preventing Stroke & Heart Disease for All

Thursday, April 3, 2025
5:00 p.m. - 7:30 p.m.

New Beech Grove Baptist Church
361 Beechmont Drive
Newport News, VA 23608

For more information please email
Toiya Sosa at toiya.sosa@rivhs.com

5:00 p.m. to 6:00 p.m. Interactive Hour

Resource fair, blood pressure checks, exercise demonstrations, food, free merchandise & giveaways

6:00 p.m. to 7:30 p.m. Expert Panel Discussion

- Health factors including blood pressure, cholesterol levels, blood sugar, smoking
- How genetics & family health history affect your risk
- Recognizing stroke signs & symptoms to better advocate for yourself & your loved ones
- Promoting community education and engagement
- Cooking demonstration

