



# The 2011 Anchorage Go Red For Women Event

February 16, 2011 ~ Anchorage Marriott Downtown, 10 am– 1 pm

10 - 11 am

## “Mindless Eating” by Keynote Speaker Deanna Latson

It seems when Americans sit down to eat, our minds are out to lunch. Our mind makes many of our food choices for us. What are some of the tricks we can use to make better choices? Your eyes effect you more than you know. Deanna will share SIMPLE tricks that can make the difference in being overweight or not.

Come learn tips on how we can stop our absent-minded way of eating and start thinking!



**American  
Heart  
Association®**

*Learn and Live*

10 - 11:30 am  
**Silent Auction Gallery**

*Presenting Sponsor*  
 **PROVIDENCE**  
Health & Services  
Alaska

11:30 am - 1 pm  
**Luncheon Program**

**Featuring Luncheon Keynote Speaker Deanna Latson**  
**EAT RIGHT, FEEL GOOD, LOOK GREAT!!**



Nobody has more impact upon audiences in speaking about health and nutrition than Deanna Latson. Currently studying for her Naturopathic Doctor degree, Deanna is a Clinically Certified Nutritionist, a member of the Wellness Council of America, and has a Masters from San Francisco State University. Her inspiring story is featured in several books including Perfect Body, Major in Success, and Gearing Up.

During the Keynote address attendees will learn about foods you can eat to stay fit; meals perfect for stressful times; “slow poisons” you eat everyday; how to avoid feeling lethargic; the top ten foods that sabotage your weight loss efforts and how to avoid getting sick.

Aiming to dispel unhealthy “fad diet” myths (95% of all diets fail), Deanna's program is a hard-hitting, nutritionally sound, research based discussion about food and how it affects your body.



The Go Red for Women Luncheon and Conference is a life changing, educational event that empowers women to make their health a priority and lead longer, stronger, healthier lives.

**Individual tickets and tables are available. RSVP required by February 14.**

**[www.AnchorageGoRedLuncheon.org](http://www.AnchorageGoRedLuncheon.org) or call 907-865-5300.**

Event Chair : Kristi Acuff ~ Questions? Please contact Lisa Sauder at (907) 865-5301 or email at [lisa.sauder@heart.org](mailto:lisa.sauder@heart.org)