

# ***PROGRAM IDEA:***

EEC Focus: Empowering Women

**NOTE: This program would be suitable for Chapters in Areas close to Long Beach. Chapters in other Areas could contact their local hospitals to see if a similar program is available.**

**Title:** Women's Heart Health

**Program Purposes:** To educate women on the signs of a heart attack, what to do in case of a heart attack and how to prevent one

**Program Summary:** A power point presentation and program presented by Dr. Peggy Kalowes of the Long Beach Memorial Hospital's Women's Cardiac Clinic

**Program Set-up and Plan:** Contact here at [pkalowes@memorialcare.org](mailto:pkalowes@memorialcare.org). She will bring all the technical equipment and handouts.

**Follow-up Activity:** Many members went and had the heart screening that was offered by the clinic.

**Materials Needed:** Dr. Peggy brings all the materials. Only need a space to project the power point.

**Contact for further information:** [pkalowes@memorialcare.org](mailto:pkalowes@memorialcare.org)

**Submit completed to Chi State Educational Excellence/Program Chairman:**  
[chistate.1vp@gmail.com](mailto:chistate.1vp@gmail.com)