



American Heart Association.

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MARCH 4, 2021 | NOON TO 1:00 PM

# Your Guide to the Go Red "Lunch-In"

Get Fancy | Get *Red-y*  
Go Red



## #ACADIANAGORED

The health and wellbeing of our community is our top priority. While we won't be able to have our traditional in-person luncheon, we are mixing it up and bringing the event to you, now as a "Lunch-In"! Our team has been working diligently to develop a digital plan to ensure this signature event carries on its proud (and fun) tradition of raising awareness and critical, lifesaving funds for the American Heart Association.

### Get Fancy...

Beyond the brown bag. Do a little something extra for yourself today... Try one of these heart healthy lunch ideas:

- [Turkey Sliders with Avocado, Mushrooms & Swiss Cheese](#)
- [Homestyle Chicken Noodle Soup](#)
- [Zippy Southwest Chicken Fajita Salad](#)

### Dress up...

Put on your favorite red scrubs or swanky duds and get ready as if you were going out for lunch with your squad! Be sure to snap a pic and post with [#AcadianaGoRed](#) so we can all celebrate together! Don't forget to tag us on all social media channels @AHALouisiana

### Be Inspired...

Hear some amazing stories of survival and learn to BE FIERCE in your own heart health journey.

### Have Fun...

Here's some heart-pumping dance music you can bust a move in your office, living room, or board room! Dancing is great exercise and a playful way to move more!



- [Heartbreaker by Pat Benatar](#)
- [Break My Heart by Dua Lipa](#)
- [Tearin' Up my Heart by Backstreet Boys](#)
- [Listen to Your Heart by Roxette](#)
- [You Give Love a Bad Name by Bon Jovi](#)
- [Pump Up the Jam by Technronic](#)
- [Shining Star by Earth, Wind & Fire](#)
- [I Will Survive by Gloria Gaynor](#)
- [Don't Go Breaking My Heart by Elton John](#)
- [Physical by Olivia Newton John](#)
- [Heart of Glass by Blondie](#)

Go Red For Women is nationally sponsored by

