



Women's Health Awareness

Virtual Series: "RealTalk With the Experts"

This virtual series provides a unique opportunity for you to gain state-of-the-art health knowledge and ask specific questions to world-renowned experts.

EmpowHer Health: Unveiling the Secrets of Lifestyle Medicine

Thursday, February 8, 2024
6:30 - 7:45 p.m. EST

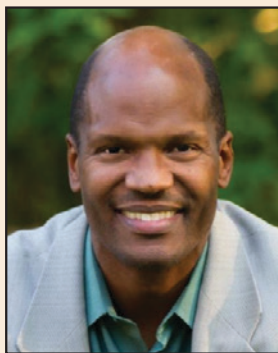
Did you know that heart disease is the leading cause of death for women in the United States? Knowing the facts about heart disease, as well as the signs, symptoms, and risk factors, can help you take steps to protect your health and seek proper treatment if you need it. In this webinar, you will learn what you can do to reduce your risk and live your best and healthiest life.



During this session, participants will be able to:

- Learn about the risk factors for cardiovascular disease in women of color.
- Discover daily lifestyle modifications to lower cardiovascular risk or improve chronic conditions that may lead to cardiovascular disease.

Webinar Goal: Present the American College of Lifestyle Medicine to participants during the webinar and motivate them to adopt healthy and sustainable lifestyle choices.



Speaker

Clifford Morris, M.D.

Owner, Morris Cardiovascular and Risk Reduction Center
Chester, Virginia

Registration is free and open, and closes at noon on **Thursday, February 8, 2024.**

Register at <https://www.niehs.nih.gov/womenshealthawareness>.

The Zoom link will be provided prior to the webinar.

For additional information, call the Office of Human Research and Community Engagement at 984-287-4414 or email wha@niehs.nih.gov.

Individuals with disabilities who need accommodation to participate in this event should contact the Office of Human Research and Community Engagement at 984-287-4414 or wha@niehs.nih.gov. TTY users should contact the Federal TTY Relay Service at 800-877-8339. Requests should be made at least 5 business days in advance of the event.



Lead Sponsor: Office of Human Research and Community Engagement, Clinical Research Branch, National Institute of Environmental Health Sciences (NIEHS)

Co-Sponsors: Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., Durham Alumnae Delta House Inc., and North Carolina Central University Department of Public Health Education