



## **Wear Red To Support the American Heart Association**

Join your colleagues at noon on Friday, February 1, 2019

Don't forget to wear **RED!!!**

•**Brighton: Prism Center**

12:00-12:50 pm.

Information tables and pick up pre-ordered lunch

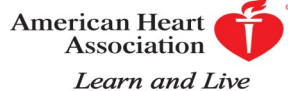
(arrive at 12:10 pm for group photo)

•**Downtown: 2nd Floor Lounge - 12:00 pm group photo**



### **Suggested donation of \$5 to support the American Heart Association**

**(Donations of \$25.00 or more will receive a  
special gift—while quantities last)**



Lunch is available (as is) for \$10.00 and all proceeds will go directly to benefit AHA. Order while supplies last and submit payment by 1/28/19 to Courtney Sprague (Downtown) and Yolanda Johnson (Brighton).

**Please make checks payable to the American Association of Women in Community Colleges (AAWCC).**

Heart healthy menu includes: whole wheat wrap with hummus, spinach, cucumber and roasted red pepper; Wheat berry salad with oranges, dried cherries and pecans; Quinoa blonde brownie (made without gluten); and bottle water.

**For additional information, please contact:**

Courtney Sprague (Downtown Facilities, 3195A): [csprague5@monroecc.edu](mailto:csprague5@monroecc.edu)  
Yolanda Johnson (Brighton Campus Events, 3-120): [yjohnson@monroecc.edu](mailto:yjohnson@monroecc.edu)

### **Make checks payable to American Heart Association**

*Sponsored by AAWCC and supported by Hospitality, SNA, Brighton and Downtown Bookstore, Wellness Council & Excellus*