Heartfelt Holiday Greetings!

Warm Wishes for a Healthy, Happy Holiday Season

May you stress less, sleep to your heart’s content and savor the present as you surround yourself with people who fill your life with joy and peace.

Need information to inspire more heart healthy living during 2020? Visit our Heart Health Prevention pages.

Wanda Moore Receives the Brian Bateman Superb Service Award for 2019
Congratulations to Wanda F. Moore, JD, the 2019 recipient of the Brian Bateman Superb Service Award. Ms. Moore, who serves as chair of the University of Arizona Sarver Heart Center Minority Outreach Program, was recognized for her many years of outstanding vision, leadership and dedication to the Sarver Heart Center. "Wanda contributes boundless enthusiasm and advanced understanding of the many issues faced by minority populations at risk for heart disease," said Nancy K. Sweitzer, MD, PhD, director, Sarver Heart Center.

Breakthru Beverage AZ Continues a 26-Year Legacy of Philanthropy
Nancy K. Sweitzer, MD, PhD, director of UArizona Sarver Heart Center and John B. Fung, director of development, College of Medicine - Tucson, receive the "big check."

Since 1993, Breakthru Beverage Arizona has generously supported the Sarver Heart Center with proceeds from their annual charity golf classic in the Phoenix area.

Community Lectures Scheduled for Green Valley

Sarver Heart Center has scheduled four community lectures in Green Valley January-April, 2020. Topics will cover advanced heart disease (including cardiac amyloidosis), strokes, heart rhythm disorders. We hope you can join us.

Help Beat Heart Disease!

Have you ever wondered what you can do, personally, to beat heart disease? Consider becoming part of the UA Sarver Heart Center Biorepository. Our clinical research
Philip Davia and Erika Yee share a number of life-saving messages, including chest-compression-only CPR and how to participate in clinical research. The team will warmly welcome you to participate whether or not you have heart disease or a known risk factor. Enrollment means completing a questionnaire, signing an informed consent form that allows researchers to view your electronic medical record and donating about three tablespoons of blood. These blood samples will help scientists better understand heart disease to improve care and treatment now and in the future. Click on the [Cardiology Research Registry link](#) to get started.

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**Support Sarver Heart Center's Mission**

We are grateful to [Walmart](#) for funding a grant to support the community outreach mission of the Sarver Heart Center [Minority Outreach Program](#). The grant helps the Community Coalition for Heart Health Education extend its reach as members teach chest-compression-only CPR and raises awareness about heart disease and prevention. Special thanks to Wanda F. Moore, JD, and Angela Josiah, PharmD, who collaborated to obtain the grant. We hope you'll join these volunteers by donating to support Sarver Heart Center' mission. Please contact [John B. Fung](#), 520-621-1946, for more information. We invite you to be part of our mission!