



Our Mission

Marc and I were honored when we received the invitation to co-chair the 2018-2019 Go Red for Women movement in San Antonio. The fact that it's also Go Red's fifteenth anniversary has made it even more special for us, and we wanted to make sure that we did everything we could to bring partners together and raise the funds that would have the greatest impact on the health of our community.

One of the things we thought about when we agreed to participate was what our focus for the campaign would be. While the American Heart Association's national message in 2019 is rightly focused on "Mother. Sister. Friend.", we wanted to do something to personalize that theme for our own mission here at home. For us, the first thing that came to mind was "family". It's one simple word that has so much meaning and value; and, as the first husband and wife co-chairs for Go Red for Women in San Antonio, "family" is what makes this year's movement even more important for us.

I know that when Marc and I do things to improve our health – like being physically active, eating right, and reducing stress – it's our whole family that benefits. We know that if Marc and I are living a healthy lifestyle, our children will benefit too. Their health and wellbeing are central to everything we do, just as I know it is for you, your children, and grandchildren.

Another reason that incorporating family into our mission makes sense for us is that we consider Marc's colleagues at Methodist Hospital Stone Oak and the entire Methodist Healthcare System our extended family. Many of us spend more time with co-workers than we do with almost anyone else, and their health is important to us.

Healthy families build healthy communities and regardless of where we live, work, worship, or learn, a healthy San Antonio should be our number one goal. And so, Marc and I are grateful for this opportunity to talk about the impact of heart diseases and stroke in women and men at the Go Red for Women Summit on February 7, 2019.

We hope you'll consider joining us because supporting the American Heart Association's mission is one way we can be a relentless force to build longer, healthier lives. If you or your company would like to be a sponsor of the Summit, call Casey Gillespie at 210.810.3101. You can also visit SanAntonioGoRed.heart.org.

We look forward to seeing you there!

Paige Strode
2018 – 2019 Go Red for Women Co-Chair