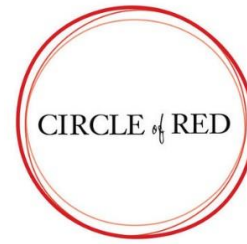


# Circle of Red

## 2016 Des Moines Event Calendar



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**April 16, 2016**

**American Heart Association's Annual Heart Walk**

9:00am – 12:30pm, Meredith Plaza, Downtown Des Moines

This annual event promotes physical activity and heart-healthy living in a fun, family environment. Come join us for a fun-filled, healthful day of walking, health information, screenings, and more!

Learn more at [www.dsmheartwalk.org](http://www.dsmheartwalk.org)

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**April 30, 2016**

**Terrarium Workshop**

1:00pm, Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

The presence of indoor greenery can help reduce stress and foster mental restoration. Housed in glass vessels, terrariums are tiny gardens that offer a twist on traditional indoor plants. Learn how to design and care for terrariums and then build your own in this hands-on workshop!

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**July 7, 2016**

**Circle of Red/Crimson Society Photo Shoot**

4:00pm, Terrace Hill, 2300 Grand Ave, Des Moines

Wear your red and join us for the "official photo shoot" for the 2016 Des Moines **Crimson Society** and **Circle of Red**. A group photo, as well as individual portraits of Crimson Society members, will be displayed at the 2016 Go Red For Women Dinner!

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**September 8, 2016**

**Go Red For Women Dinner**

4:00pm – 7:30pm, Community Choice Convention Center

Wear red and join us at the **2016 Des Moines Go Red For Women** Dinner. This fun event includes educational breakout sessions, a vendor fair, silent auction, keynote speaker and inspirational survivor stories. Circle of Red members will receive VIP seating and special recognition within the event program.

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**November, 2016 – Date TBD**

**Private Healthy Cooking Class**

Bring a friend to this Circle of Red event that will guide you step by step through cooking a unique heart healthy meal that you and your family can enjoy. Additional details about this event will be included in your event invitation.

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**December 13, 2016**

**Crimson Member Wine Reception**

5:30pm – 7:30pm, Branstad Private Residence, Terrace Hill, 2300 Grand Ave, Des Moines

Circle of Red Chair & First Lady of Iowa, Chris Branstad, will host Crimson members at an intimate gathering at her private residence on the third floor of the historic Governor's Mansion. Enjoy an evening of wine, hors d'oeuvres and good company in the holiday grandeur of the festively decorated mansion!

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*Note: All Circle of Red members will receive an invitation prior to each event.*