

CAPITAL WOMEN IN PHILANTHROPY
INVITES YOU TO THEIR 6TH ANNUAL

Galentine's • DAY • WORKSHOP

Friday, February 13, 2026 • 12 – 1 p.m.

Capital Health Medical Center – Hopewell • NJ PURE Conference Room

Please join us for a very informative Women's Heart Health Workshop led by Capital Health Wellness Center manager, **Laura Rush** and **Dr. Ronald Fields**, a board certified, fellowship trained interventional cardiologist. Laura will offer her own perspective and personal story on heart health. Following Laura's presentation, Dr. Fields will lead a discussion on cardiovascular health and heart disease.

**Zoom option will be available for those that cannot attend in person.*

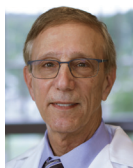
Join us for lunch, take a moment to celebrate female friendships and learn about the importance of women's heart health and nutrition.* If time permits, we will accept questions at the end of the workshop.

Kindly RSVP to Heather Kearns-Latini, director of Philanthropy, at hkearnslatini@capitalhealth.org or 609.303.4346.

Lunch is sponsored by Capital Women in Philanthropy. 



LAURA RUSH is the manager of the Wellness Center and earned her Bachelor's degree in kinesiology from Temple University. She is a certified personal trainer and certified pre- and postnatal fitness specialist through the AFPA, with more than 20 years of experience in the health and wellness field. Laura brings a strong background in exercise science and program development, focusing on safe, effective and inclusive fitness initiatives that support patient, employee and community wellness.



DR. RONALD FIELDS is a triple board certified interventional cardiologist. With more than 35 years of experience treating patients in Bucks County, Pennsylvania, Dr. Fields' clinical focus is on preventive cardiology, diagnostic testing, interventional procedures such as angioplasty and stenting, and ongoing management of chronic heart conditions. He is an expert on treating patients with very high cholesterol levels and has lectured extensively on this subject.



For additional information about Capital Women in Philanthropy, please contact Heather Kearns-Latini at hkearnslatini@capitalhealth.org or 609.303.4346.

**capital
WOMEN**
in PHILANTHROPY

