



American Heart Association®

Professional Advisor Network

23rd Annual Trusts & Estates: New York Conference

Tuesday, April 29, 2025 | Ease Hospitality



American Heart Association.

Professional Advisor Network



JOIN NOW



*Together, we can be a relentless force
for a world of longer, healthier lives.*



Heart.org/NYJoinPAN



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New York Conference***

Cardiovascular Disease – Separating Myth from Fact



NISHA PARIKH, MD, MPH

System Director, Women's Heart Program,
Department of Cardiology

Director, Cardiovascular Medicine,
Katz Institute for Women's Health

Associate Professor of Cardiology,
Zucker School of Medicine at Hofstra/Northwell



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Scan the QR code here

ACCESS CONFERENCE MATERIALS



Ease Hospitality Complimentary WiFi

Network Name: meet@ease | Password: easeconnect



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PANEL

Art & Collectibles: Administration Issues After Death



LEAH D. HOKENSON, ESQ.



BRIAN D. CONBOY, ESQ.



KARIN J. BARKHORN, ESQ.



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Decanting – Structuring To Minimize Disputes



DOUGLAS STANLEY

Partner,
Bryan Cave Leighton Paisner LLP
St. Louis, Missouri

April 29, 2025



Damar Hamlins #3forHeart™ CPR Challenge

Take these 3 simple steps to help save lives.
Learn CPR. Give. Share.



LEARN MORE

Step 1

Learn CPR

Step 2

Give

Donate to the American Heart Association to fund CPR education & training, and other lifesaving programs and scientific research.

Step 3

Share

Tag 3 friends to take the #3forHeart CPR Challenge.

Thank You to Our Sponsors

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COFFEE BREAK SPONSOR



BREAKFAST SPONSOR

HERITAGE
A U C T I O N S

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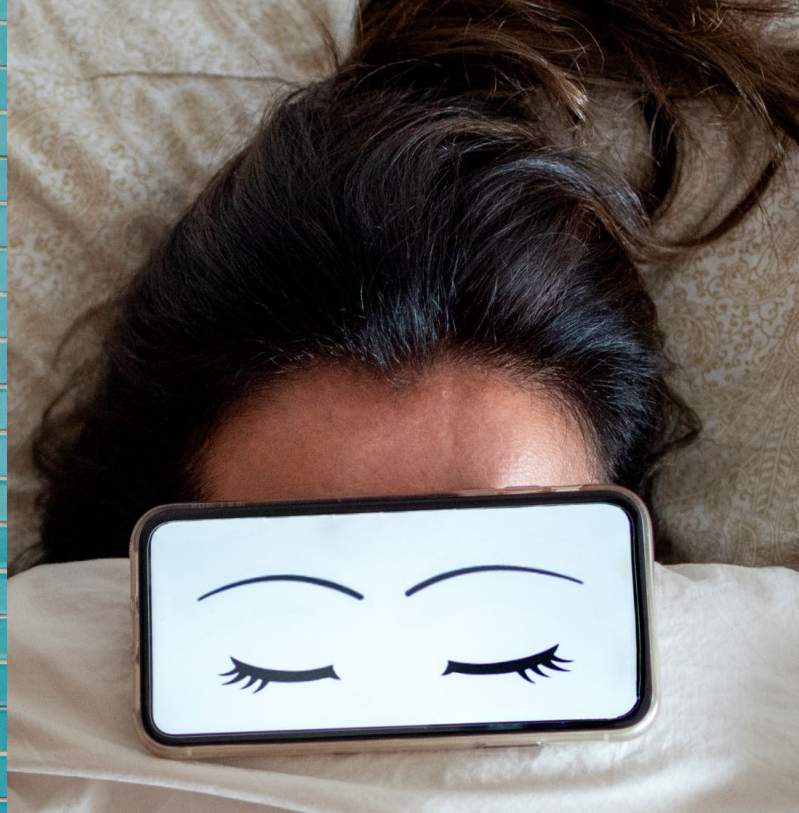
FRIENDS OF HEART

William Dunlop and The Helena Segy Foundation | Jill Miller & Associates, P.C.
Donna Joseph/Bernstein Private Wealth Management

What can you do to get enough sleep?



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ADD MORE

DAYLIGHT

MOVEMENT

CONSISTENCY



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X GET LESS

**NIGHTTIME
ACTIVITY**

**HEAVY MEALS, ALCOHOL,
NICOTINE & CAFFEINE**

**EVENING
SCREEN TIME**



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HERITAGE
A U C T I O N S

TRUE OR FALSE?

When it comes to getting your fruits and veggies, fresh is always best.



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FALSE!

A healthy diet can include fresh, frozen, canned or dried produce.



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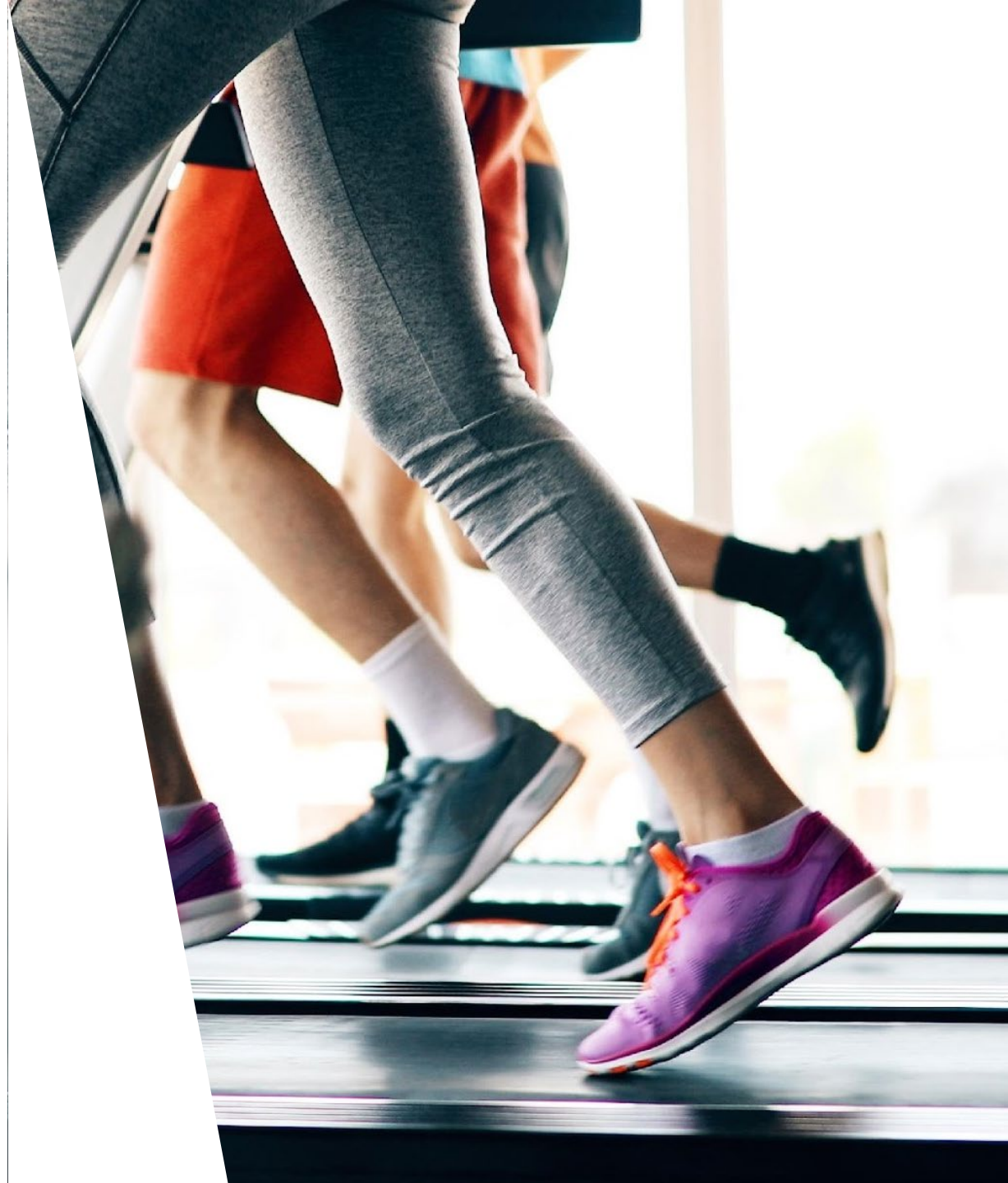


TRUE OR FALSE?

To get enough activity in your day, you need to work out.



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FALSE!

ALL movement counts
and can boost your
health. You can even
break it up over the day.



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