



American Heart Association®

Professional Advisor Network

22nd Annual NY Trusts & Estates Conference

Thursday, April 25, 2024 | Ease Hospitality



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JOIN NOW



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



Heart.org/NYJoinPAN



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Stress and Your Heart



RACHEL-MARIA BROWN TALASKA, MD, FACC

American Heart Association Ambassador

Chair, NYACC Diversity, Equity & Inclusion Task Force
Associate Professor of Cardiology, Zucker School of
Medicine at Hofstra/Northwell

Director, Inpatient Cardiac Services
Northwell Health-Lenox Hill Hospital NY, NY USA



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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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Mitigating Fiduciary Risk and Litigation



BONNIE LYNN CHMIL

Partner

Katten Muchin Rosenman LLP



JOSHUA S. RUBENSTEIN

Partner & National Chair

Katten Muchin Rosenman LLP



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Franckline Casimir-Benoit
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The Estate Planner's Guide to Corporate Transparency Act



MITCHELL A. DROSSMAN

Head of National Wealth Strategies
Chief Investment Officer

Bank of America



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.



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Fiduciary Trust
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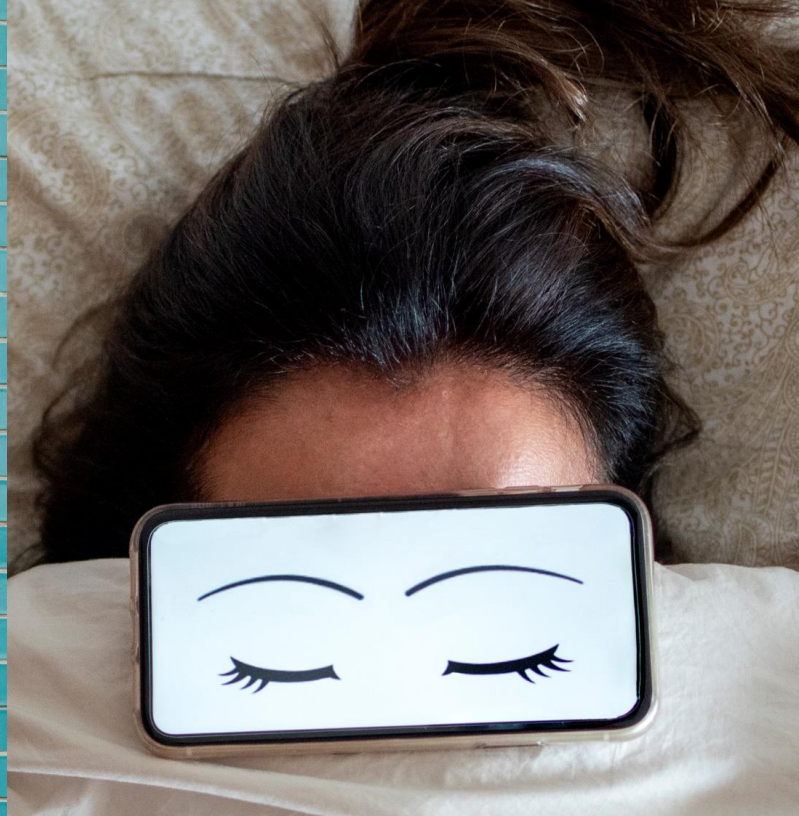
FRIENDS OF HEART

Bernstein | William Dunlop and The Helena Segy Foundation | Jill Miller & Associates, P.C. | Seriatim Inc.

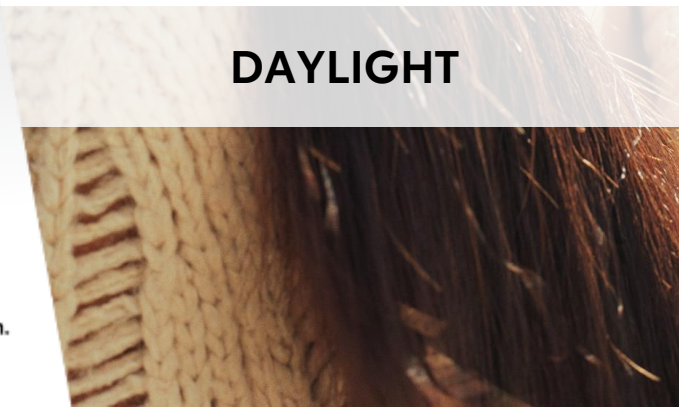
What can you do to get enough sleep?



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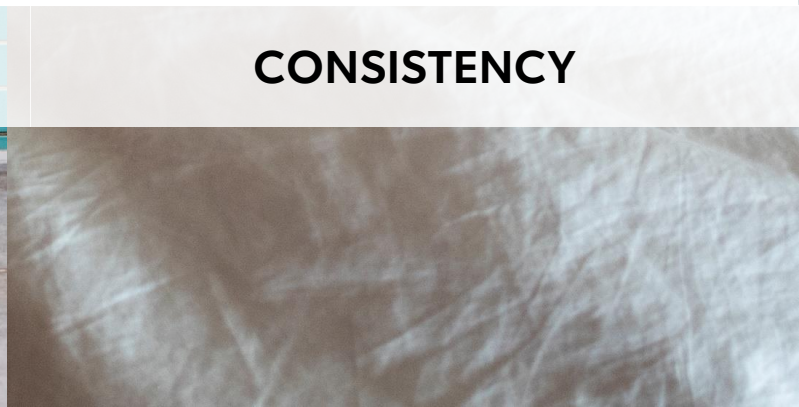
ADD MORE



DAYLIGHT



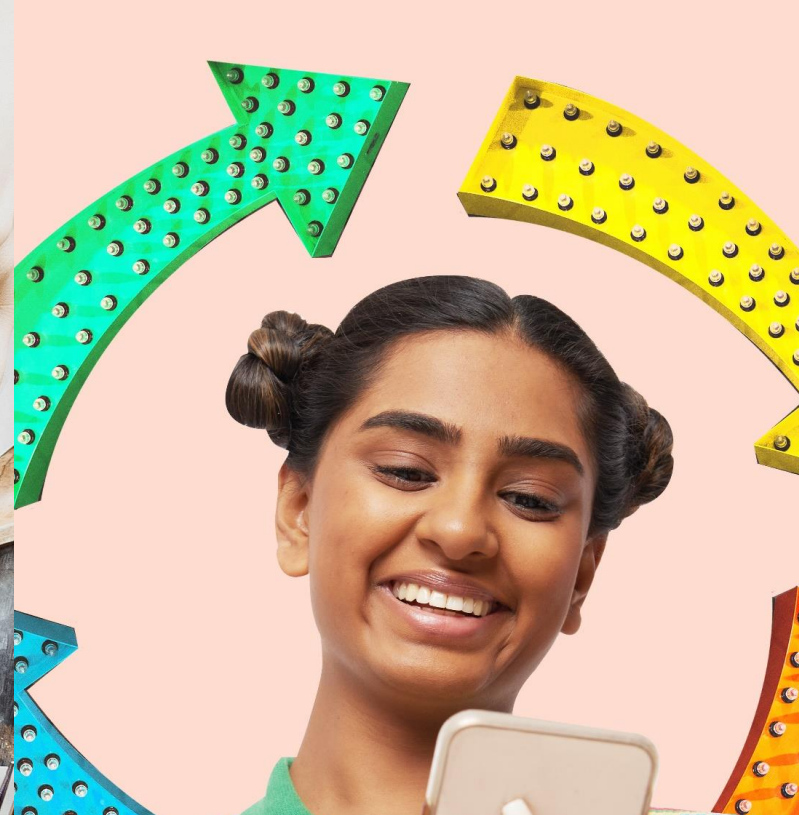
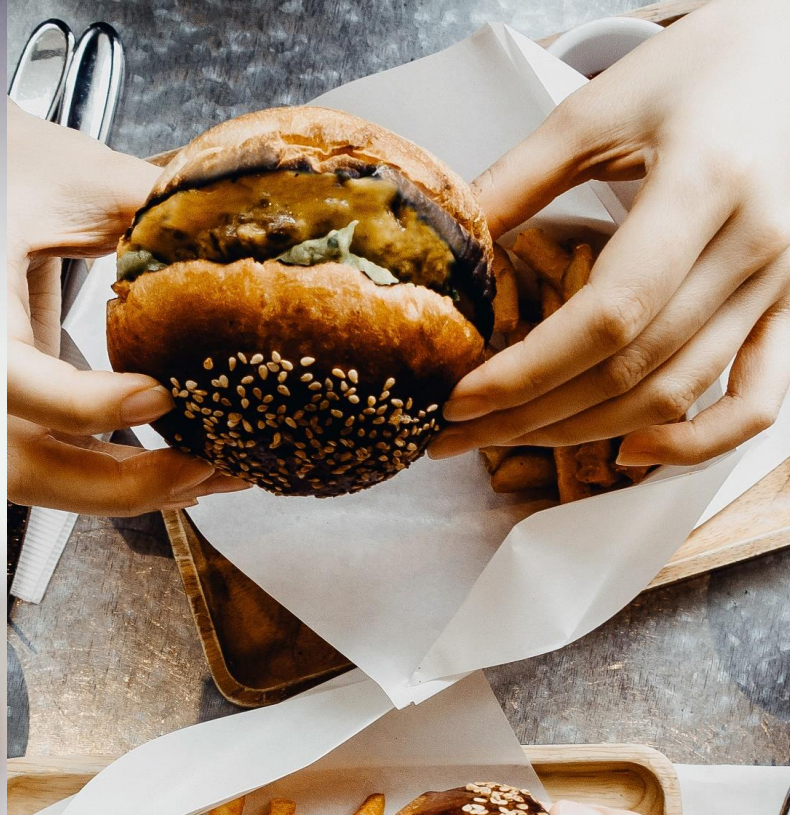
MOVEMENT



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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Bonhams

DOYLE

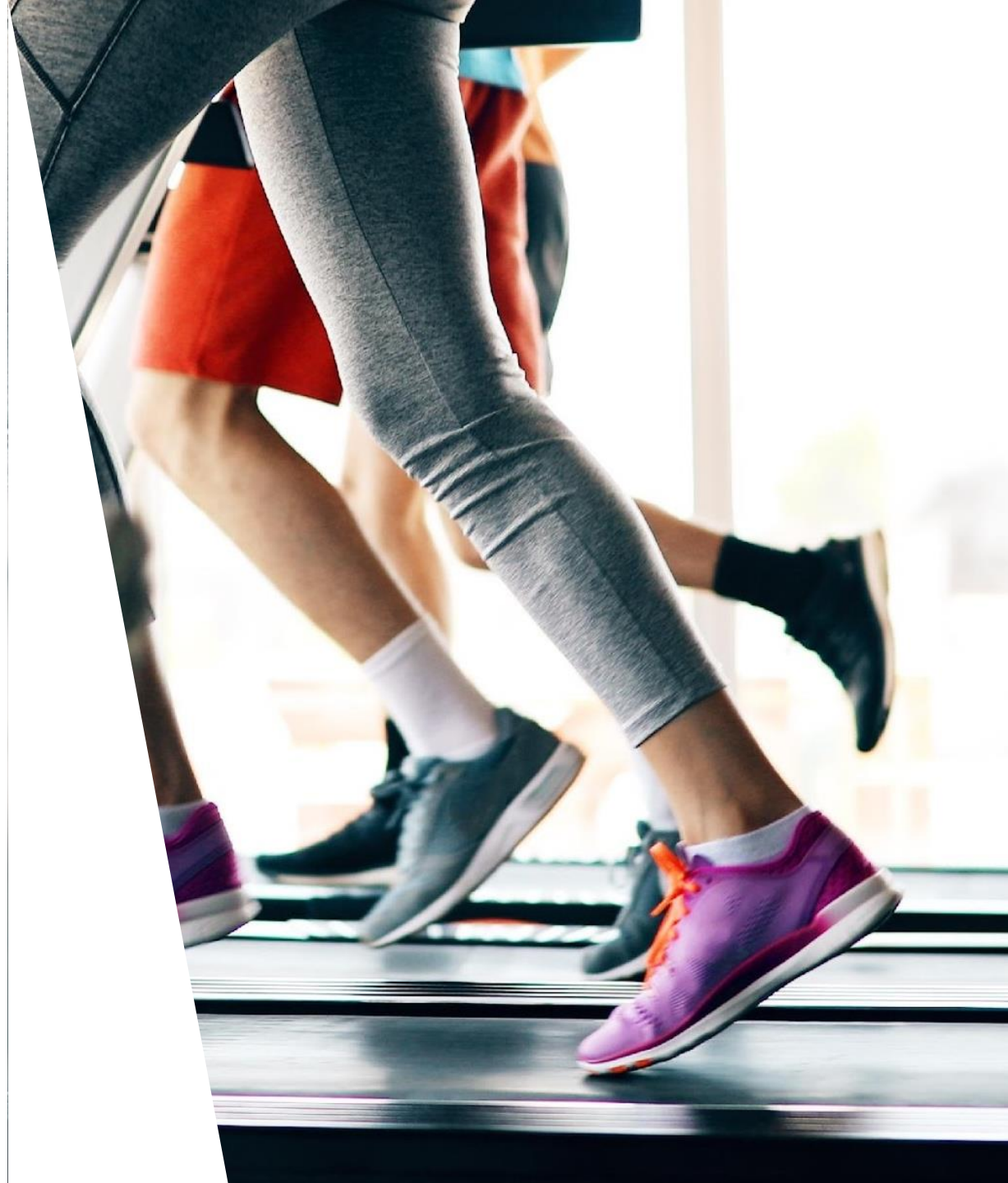
FREEMAN'S | HINDMAN

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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