

## Focus on Women Group Hosts Heart Health Lunch & Learn

3.20.24

On Friday, March 15, Shutts & Bowen's Focus on Women Committee hosted a lunch and learn event, titled "A Healthy Heart Community Conversation." The event brought together women attorneys across the firm's eight offices for an important discussion on women's heart health during National Nutrition Month, organized by the American Heart Association.

The group was joined by Dr. Claudia A. Martinez Bermudez, M.D., an interventional cardiologist from UHealth – University of Miami Health System, who led a conversation with tips for women on how to maintain a healthy heart to prevent the development of future heart disease.

During the event, attendees also discussed Miami partner Alette Rodz' connection to the American Heart Association and her campaign as a [2024 South Florida Woman of Impact](#).

### **About the Focus on Women Group**

In 2004, Shutts & Bowen attorneys established a program to provide its attorneys with opportunities for mentorship, collaboration, professional development and growth both in the firm and throughout the community. The Focus on Women Committee's goal is to assist in the advancement of both a successful working environment and a platform for community involvement.

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