



Norma Melchor Heart & Vascular Institute

HEART FORUM  
April 5, 2025  
9:30 a.m. – 12:30 p.m.

9:30 – 9:37

**Welcome**

Fred St. Goar, MD, Medical Director, NMHVI  
Josh Schreckengost, Executive Director, NMHVI

9:37 – 10:40

**Wellness Team Keynotes:**

Dr. Neal Scott: How to Eat Better and Be More Active  
Karen Roman: Laughter Yoga  
Dr. Tony Masri: Get Healthy Sleep  
Q&A-Wellness Team

10:40 – 11:25

**Panel 1: Advanced Cardiac Imaging**

Panelists: Dr. Fred St. Goar, Dr. Alvin Chen, Dr. Cindy Wang  
Q&A

11:25 – 12:15

**Panel 2: Stroke Prevention: Heart - Brain Connection**

Panelists: Dr. Raabia Ahmad, Dr. EJ Kim, Dr. Fady Ibrahim  
Q&A

12:15 – 12:27

**Patient Story**

12:26 – 12:30

**Thank you**

Dr. St. Goar and Josh