

## Celebrating Twenty Years: Heart Summit 2019

*Premier conference brings big names in technology, nutrition and longevity.*

**LITTLE ROCK**, Ark. (August 20, 2019) — Arkansas Heart Hospital is pleased to announce Heart Summit 2019 is celebrating its 20<sup>th</sup> year. The premier two-day event is packed with dynamic presentations, entertainment and line up of world renown guest speakers.

“This year our emphasis is on nutrition and longevity” said Dr. Bruce Murphy, Chief Executive, “the emphasis is not on *what* to eat but *what not* to eat. As for longevity, there are secret ingredients to old age. We are having multiple speakers on longevity, blue zones, not really wellness but longevity.”

Friday’s guest speaker is television host, garden designer, conservationist, and lifestyle expert P. Allen Smith. Friday night’s keynote speaker is NBA All-Star, former UALR head coach, and Razorback Sidney Moncrief. Saturday’s guest speakers include Dr. Aubrey deGrey from California, Dr. Rhonda Patrick from Tennessee and Dr. Branden Rosenhan from Utah.

The event is at The Embassy Suites and Hotel on Financial Center Parkway. P. Allen Smith will speak Friday afternoon at 4 p.m. Keynote speaker Sidney Moncrief will speak at 7:30 p.m. Friday evening. Media is welcome to attend. For more information go to ARHeart.com.

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### About Arkansas Heart Hospital

Arkansas Heart Hospital is a nationally recognized and award-winning hospital dedicated to the prevention, diagnosis and treatment of cardiovascular disease and related diseases; also focusing on bariatrics, endocrinology and peripheral artery disease. Awarded a Five-Star Rating by the Centers for Medicare and Medicaid Services (CMS), based on seven criteria. Arkansas Heart is one of two Arkansas hospitals and one of 293 to receive this rating. Arkansas Heart offers advanced technology teamed with Arkansas’ leading cardiologists and cardiovascular surgeons. The hospital operates 30 clinics statewide, nine catheterization labs, three heart-operating suites and a 24-hour Heart Emergency Center. Arkansas Heart Hospital is a training center for physicians from all over the world.