



Colby Red is a flavorful California cuvee of Cabernet Sauvignon, Zinfandel, Shiraz, Merlot & Petite Sirah.



Photo courtesy of INOVSAV, LLC

## Discovering My Why

Recently, a longtime friend asked me to share my reason for living a healthier, longer life. This exercise was designed to encourage all of us in the room to express those moments, people or experiences that we live for. Some of our answers were intimately personal, some were major milestones we've yet to achieve, and some were as generic as an emotion we enjoy such as laughter or happiness.

I believe in leading a healthy lifestyle. Our health is a true blessing, and I have a passion for promoting health in all aspects of my life. In addition to being an active realtor for over 10 years, I teach indoor spin classes at the YWCA and Childress Klein YMCA. So after much thought and personal reflection, I decided that the health of my community is my why.

The American Heart Association is committed to

helping people live longer, healthier lives. They want people to experience more of life's precious moments. It's why they've made better heart and brain health their mission. I have been a part of the Greater Charlotte Heart Ball Auction Committee for over seven years. Each year, the Charlotte Heart Ball team creates precious memories for its guests as well as raises critical funds for lifesaving cardiovascular research, advocacy and community education.

This long standing, black tie gala is one of Charlotte's oldest and most successful charity events. By featuring survivors during the annual Open Your Heart portion of the program, the guests learn about their personal triumphs and tribulations. Their stories tug at your heart strings. They make you open your wallet and give; and they make you think about your own reason for living a healthier life.

A special guest and heart survivor will be celebrated at the 2015 Greater Charlotte Heart Ball on February 7. Colby Groom, of Healdsburg, CA, is now 16 years of age. Just prior to his 10th birthday he underwent back to back open heart surgeries. He was inspired to raise money for heart research through creating a wine with his Dad, notable winemaker Daryl Groom and Colby Red was born.

In a quote posted on the Colby Red website, Daryl Groom explains, "This is a unique and generous red

wine, just as Colby is a unique and generous child. I blended five different grape varieties to make a red that's juicy and velvety smooth, with rich fruit flavors and a soft finish. Colby Red is a wine for sheer delicious enjoyment. While it's a great wine with food, it tastes best in the company of good friends and family, savored with an appreciation of the gifts each moment brings."

The family has raised over \$500,000 for cardiovascular research in less than six years. It is amazing that from this small idea of Colby's that they have been able to make such an impact on people's lives. The Groom family has donated the biggest percentage of this amount to individual AHA chapters across the country, in markets where the wine is sold. The red wine at this year's Heart Ball will be provided by Groom Wines along with a generous personal donation.

The American Heart Association motivates, engages and enables people to build a sustainable culture of health. My work with the Charlotte Heart Ball Auction Committee has provided a volunteer opportunity that aligns with my desire to promote a healthier community.

Whatever your why, I encourage you to share it with others and use it as a catalyst for healthy living.

Go to [www.charlottenheartball.heart.org](http://www.charlottenheartball.heart.org) to volunteer or donate. \*