



## National Wear Red Day is Friday, February 2, 2018

Chances are we all know someone affected by heart disease and stroke, because about 2200 Americans die of cardiovascular disease each day. That's in average of one death every forty seconds. But together we can change that. Cardiovascular diseases, which includes stroke, claim the lives of about one woman every 80 seconds unnecessarily -- because about 80 percent of cardiovascular diseases may be preventable with education and action.

Heart Disease is still the #1 killer of women, taking the life of 1 in 3 women each year. This means women are dying at the rate of 1 per minute.

This **National Wear Red Day**, join the American Heart Association's mission to ensure the research that could save a woman's life. Help raise the funds needed for educational programs and the development of new treatments to fight heart disease.

Each year on the first Friday in February, thousands of hospitals, small businesses, multinational corporations, news broadcasters, schools, individuals, and even landmarks "**Go Red**" to help raise crucial awareness and significant funds in the fight against heart disease in women.

### ***So, Get Involved!***

There are many ways to show your support on **National Wear Red Day**, or any day throughout the year – from simply wearing red to helping organize an event at your workplace, school, or local organization. Visit [www.GoRedForWomen.org/WearRedDay](http://www.GoRedForWomen.org/WearRedDay) to build your own fundraising page and raise valuable dollars to help stop heart disease in our lifetimes.

Donations to **Go Red For Women** help support the American Heart Association's efforts to educate women and to fund breakthrough research that helps ensure women are represented in clinical studies. Help contribute to awareness and education.

Visit [www.GoRedForWomen.org/WearRedDay](http://www.GoRedForWomen.org/WearRedDay).

[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)

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