

FEBRUARY IS HEART MONTH!

On Friday, February 2, 2018
We wear RED to help increase the awareness of heart disease.

Did you know that heart disease is the leading cause of death in both men and women?

IT IS PREVENTABLE

Why is this important to talk about?

- β Approximately 1 million lives are taken each year
- β There are ways to take control of your life and make better choices to prevent heart disease.
 - Making healthy choices
 - Knowing your family history/risks
 - Routine check-ups
 - Talking to your primary care physician to manage your health
- β Heart disease kills 1 in 3 women
- β Seventy-one percent of women raise the issue of heart disease with their doctors.



Make a difference in your community by taking about strategies for preventing heart disease and encouraging others to have their heart checked!

To find out more information visit:
womensheartalliance.org
or
<https://www.goredforwomen.org/wearredday>



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