National Wear Red Day

Why Wear Red?

- Heart disease is the leading cause of death in the U.S., affecting both men and women.
- Wearing red raises awareness and inspires action to prevent heart disease.

How You Can Participate?

- Wear Red on February 7th to show your support.
- Learn about heart-healthy habits and encourage friends, family, and coworkers to join the movement.

Heart Health Tips:

- **Eat a heart-healthy diet** rich in fruits, vegetables, and whole grains.
- Get at least **30 minutes of physical activity** most days of the week.
- **Know your numbers:** Blood pressure, cholesterol, and blood sugar levels.

Join us in honoring American Heart Month by participating in **Wear Red Day**! Show your support for heart health awareness and help spread the message about the importance of cardiovascular health.

February 7th