

National Wear Red Day

FRIDAY, FEBRUARY



ABOUT OUR COMMUNITY AND WEAR RED DAY IS PART OF THE AMERICAN HEART ASSOCIATION'S NATIONAL MOVEMENT TO END HEART DISEASE AND STROKE.

- Please join us in wearing red on Friday, February 7th, to raise awareness of heart disease and stroke.
- Please remember to eat heart-healthy, get enough quality sleep and exercise to take care of your heart health.
- Thank you in advance for your support by wearing **RED** on Friday, February 7th!