

National Wear Red Day Friday, February 7, 2020



Let's unite to prevent heart disease and stroke.
It's time to put our hearts into it and **Go Red for Women.**[®]

Join us!

During the month of February, thousands of individuals, hospitals, businesses of all sizes, landmarks, news broadcasters and schools "Go Red" to help raise crucial awareness and significant funds in the fight against heart disease in women.

Heart disease is the number one killer of women, causing one in three deaths each year. This means **women like you – mothers, sisters and friends – are dying at the rate of one every 80 seconds.** In fact, in the time it takes to read this, another woman will die from heart disease.

It does not have to be that way. At the American Heart Association, we work every day to fund research and fight this killer so more women can be saved. **And we need your help.**

Why Go Red?

- While 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of cardiovascular disease.
- 64% of women who died suddenly of coronary heart disease had no previous symptoms.
- Cardiovascular disease claims more lives than the next four most common causes of death combined.
- Only slightly more than half of all women are likely to call 911 if experiencing symptoms. And yet, 79% of women said that they would call 911 if someone else was having a heart attack.
- Stroke is the number four cause of death for American women, and is a leading cause of serious long-term disability.



With your support, we can continue to provide information and resources to the women in San Diego around this mostly preventable disease.

How will you Go Red?

PLAN ORGANIZATION ENGAGEMENT:



TAKE GROUP PHOTOS:

- Encourage everyone to wear red
- Take company/team photos
- Post on social media using **#SDGoRed**

FUNDRAISE:

- Set up a personal fundraiser at SDGoRedLuncheon.heart.org to invite your friends, family and colleagues to join you in your support of the movement.