

Feb. 3, 2016

## WEAR RED TO RAISE AWARENESS FOR WOMEN'S HEART DISEASE AND STROKE RISK



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**Tallahassee, Fla.**— Florida Health invites you to join us in raising awareness about the risk of women's heart disease and stroke by participating in National Wear Red Day on Friday, Feb. 5. Heart disease is the leading cause of death for women in Florida and many forms of heart disease are highly preventable.

"Heart disease and stroke shorten the lives of too many Floridians," said State Surgeon General and Secretary of Health Dr. John Armstrong. "As we recognize National Wear Red Day Friday, I encourage you to take part in wearing red and promoting awareness of steps you can take for cardiovascular health."

Organized by the American Heart Association, Wear Red Day falls on the first Friday in February and has been promoting education and action for heart health for more than a decade. The department encourages you to wear red on Friday, discuss your risk for heart disease with your physician and [take action to prevent stroke and heart disease](#).

**WHAT:** National Wear Red Day®

**WHEN:** Friday, Feb. 5, 2016

**WHERE:** Everywhere Across the Country

Learn more about National Wear Red Day® by visiting <https://www.goredforwomen.org/wear-red-day/>.

### **About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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