

As we approach February, it's time to turn our attention towards **HEART HEALTH**. You might think "**heart disease**" is a "man's disease" BUT



IS IT'S THE **#1 KILLER** OF WOMEN AS WELL.

It's NEVER too late to take action to prevent and control the risk factors for **HEART DISEASE**. Talk to your doctor, find out your risks- make YOUR **HEART HEALTH** A PRIORITY!

This Friday, February 3rd is National **WEAR RED DAY** to raise awareness of **heart disease** in women. Please consider wearing **RED** in support of this campaign.