

BETter Living ...

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Go Red for Women

It's not just a man's disease. Each year, 1 in 3 women die of heart disease and stroke. But we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes.

Go Red for Women is the American Heart Association's national movement to end heart disease and stroke. In fact, more women than men die every year from heart disease and stroke. Go Red for Women advocates for more research and swifter action for women's heart health.

Here are some facts about heart disease:

- Cardiovascular diseases cause one in three women's deaths each year, killing approximately one woman every minute.
- Since 1984, more women than men have died each year from heart disease & stroke.
- Heart disease and stroke affect women of all ethnicities.
- Women who are involved with the Go Red for Women movement live healthier lives.
- When you get involved in supporting Go Red for Women by advocating, fundraising and sharing your story, more lives are saved.

Please help Wabaunsee County Go Red for Women by participating in **National Wear Red Day** on **Friday, February 6th**. February is Heart Month, so please make choices that will help your heart!

Go Red For Women is about much more than wearing red on National Wear Red Day. It's about making a healthy, lifestyle change. For more information visit: www.goredforwomen.org.