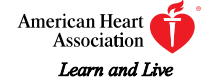


# have faith in heart

Dear \_\_\_\_\_,



Every year heart disease claims the lives of close to half a million women in our country. In fact, it's the No. 1 killer of American women. The American Heart Association's Go Red For Women movement encourages women to take action to reduce those numbers.

Go Red For Women is a national movement to increase awareness of heart disease in women. It is a free campaign that empowers women to take charge of their lives and control their risk factors for heart disease by making lifestyle changes. I encourage you to join this mission to make women in your faith-based organization aware of their risk and what they can do to reduce them.

February is American Heart Month. In previous years, women have worn red clothing or a Red Dress pin to show their support of this movement. This year I ask you to support this movement and its cause. Please consider setting aside a day of your choice in February or anytime throughout the year for your faith based organization to wear red at your own Go Red event. To further the Go Red For Women movement and to help you get the most from your Go Red Day, we're offering materials and suggestions with our Have Faith In Heart promotion.

This promotion will:

1. Encourage members and participants to Wear Red on the designated day.
2. Offer ideas for heart healthy discussions and educational activities.
3. Show women how to register for and get involved in the Go Red For Women movement.
4. Encourage women to take the Go Red Heart CheckUp, our online risk assessment tool at [goredforwomen.org](http://goredforwomen.org).
5. Help individuals and families adopt healthier lifestyles.

For more information about the Go Red movement and more ideas to make your Go Red Day a success, visit [goredforwomen.org](http://goredforwomen.org) or call \_\_\_\_\_. Thank you for making a difference for women in your community. We can save lives through heart-health education.

Sincerely,