

Reclaim
Your
Rhythm



Lindsey, SCAD Survivor

AMERICAN HEART MONTH

WEAR, SHARE AND ROCK YOUR RED

Women's health takes center stage as we unite for American Heart Month to help you *reclaim your rhythm*. Woman to woman, it's time we got our groove back. It's time for us to band together to help all women reduce their risk for heart disease by making small changes that work for them.

This February, **WEAR RED** to raise awareness. And **GIVE** to help save the lives of the women you love. Because losing even one mom, sister or friend to cardiovascular disease is too many.

- ♥ **WEAR RED** to raise awareness.
- ♥ **GIVE** to save women's lives.
- ♥ **SHARE** #WearRedandGive on social media.

[WearRedDay.org](https://www.WearRedDay.org)



American
Heart
Association.

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