

BE THE BEAT



American Heart Association®



NATIONAL WEAR RED DAY®

IS FRIDAY, FEBRUARY 3, 2023

Wear red and be one step ahead.

Show support for the women in your life. On Friday, February 3, get your steps in and proudly **WEAR RED.**

[WearRedDay.org](https://www.WearRedDay.org)
[#WearRedDay](https://twitter.com/WearRedDay)

