Reclaim Your Rhythm

Erica, *Heart Disease & Stroke 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*. To help you get your groove back. To help all women reduce their risk for heart disease by banding together to build healthier habits, giving us all the best chance at life.

This February, **WEAR RED** to raise awareness. And **GIVE** to support our lifesaving work. 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

American Heart Association.

American Heart Association®

Go Red for women®