



GO RED WITH US DURING AMERICAN HEART MONTH!

Celebrate American Heart Month and Wear Red Day!

American Heart Month focuses on raising awareness about cardiovascular health and preventing heart disease. The AHA utilizes this month to educate communities about heart-healthy lifestyles, emphasizing nutrition, exercise, and regular check-ups, while advocating for research and policy changes to reduce the impact of heart disease nationwide. Wear Red Day is on the first Friday of February, encouraging individuals to wear red attire to bring awareness about women’s heart health.



Use Hashtags and Tag Us!

When posting about American Heart Month and Wear Red Day, tag us in your post and use our hashtags!

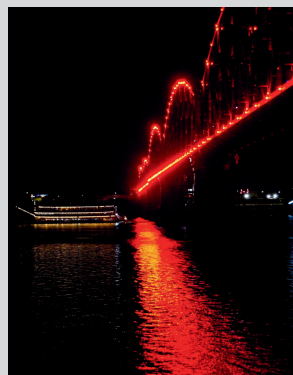
Tag us: @heartkentucky

Use Hashtags: #GoRedKY #WearRedDay #HeartMonth

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Why stop at WEARING RED... Businesses can GO RED, too!



Light up your outdoor office space, dress it up with red balloons, print and hang a Wear Red Day banner... Get creative! The possibilities are endless!

Share your photos with us by emailing AHAKentucky@heart.org



American Heart Association.



Learn about our local impact at heart.org/kentucky

External Resources:

For more information and resources for Heart Month and Wear Red Day, scan the QR code. Stay tuned... More resources coming soon!