

One day a year what you wear speaks volumes

American Heart Association

# National Wear Red Day

Friday, February 5, 2010



American Heart Association  
Learn and Live

**OUR HEARTS. OUR CHOICE.**

**WEAR RED. SPEAK UP and SAVE LIVES.**

Prairie du Chien Memorial Hospital's Partners and Cardiac Rehabilitation staff encourage you to join them and millions of people across the nation in wearing red on Friday, February 5. Wearing red helps bring awareness to heart disease, the No.1 killer of American women.

Wearing red is a simple, powerful way to show concern for co-workers, family members and friends, and to empower them to make small, simple choices that will help them live longer, healthier lives.

Together, we can help bring a voice to this silent killer. We can listen to what our hearts are telling us, talk to our doctors and spread the word to our family, friends and community about making the right choices and taking action.

We must shatter the silence by choosing to speak up about heart disease and help save lives.

## Go Red Pins and Display at Prairie du Chien Memorial Hospital

"Go Red" pins are available for a donation of \$2 at the hospital's front desk. Proceeds will be donated to the American Heart Association and the Hospital Cardiac Rehab Program.



Prairie du Chien Memorial Hospital

*We're big enough to help you...small enough to care.*

705 East Taylor Street

Prairie du Chien, Wisconsin

608-357-2000

Here's some tips from the free 12-week online program

[GoRedForWomen.org/BetterU](http://GoRedForWomen.org/BetterU)

- Think lifestyle, not diet. It's the small choices that make a huge difference.
- Use the nutrition facts panel and ingredients list when choosing foods to buy.
- Plan your meals, your grocery list, your snacks and your physical activity.
- Write your physical activity time on your calendar. Make an appointment with yourself-and don't break it.

To learn more about heart disease in women and the choices you can make to live heart healthy, visit [GoRedForWomen.org](http://GoRedForWomen.org) and sign up for the movement. You'll receive a monthly newsletter to keep you motivated and a red dress pin, the symbol of the heart disease in women movement, to wear proudly as supporter.

Sign up today at  
[GoRedForWomen.org/BetterU](http://GoRedForWomen.org/BetterU)

Wear Red Day is nationally sponsored by Macy's and MERCK