



Saint Athanasios Greek Orthodox Church

Saint Irenes' Philoptochos Society #1031



## Go Red Sunday – Sunday, February 13, 2022

Every 80 seconds, a woman dies from cardiovascular disease. And every second of every day, the American Heart Association is working to change that statistic for the better.

February is National Heart Health Month. **GO RED** is a call to action for Women to take care of their health. Heart Disease and Stroke cause 1 in 3 deaths for women each year, that is more than all cancers combined! But we can change that because 80% of cardiac events can be prevented by education and lifestyle change. Let's unite to make a difference/and prevent heart attack and stroke.

Join us and make a difference for the health of the women in our community.

[www.goredforwomen.org](http://www.goredforwomen.org)

In observance of National Go Red Day, St. Irenes' Philoptochos Society encourages all women of the Community of St. Athanasios to wear red on Sunday, February 13<sup>th</sup>.



The American Heart Association uses the phrase GO RED as an acronym, meaning: **G: Get your numbers** – ask your doctor to check your blood pressure and cholesterol. **O: Own your lifestyle** – Stop smoking, lose weight, exercise, and eat healthy. ... **E: Educate your family** – Make healthy food choices for you and your family.