NATIONAL WEAR RED DAY®
IS FRIDAY, FEBRUARY 7, 2014

Friday, February 7, 2014, is National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing red. Join the movement on February 7 and encourage women to take steps to reduce their risk for heart disease, their #1 killer.

The Heart Truth® (www.hearttruth.gov), sponsored by the National Heart, Lung, and Blood Institute, part of the National Institutes of Health, is a national education program for women that raises awareness about heart disease and motivates them to take action to prevent the disease.

The centerpiece of *The Heart Truth* is the *Red Dress*℠—the national symbol for women and heart disease awareness. It delivers a powerful red alert to women to take their risk for heart disease seriously and personally.

NIH National Heart, Lung, and Blood Institute

THE heart TRUTH®

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