



# NATIONAL WEAR RED DAY<sup>®</sup> IS FRIDAY, FEBRUARY 7, 2014

**On National Wear Red Day, Americans nationwide will wear red to show support for women's heart health.** Join the movement on February 7 and encourage women to take steps to reduce their risk for heart disease, their #1 killer. For more information about *The Heart Truth*<sup>®</sup>, National Wear Red Day, and the *Red Dress*<sup>SM</sup>, the national symbol for women and heart disease awareness, visit [www.hearttruth.gov](http://www.hearttruth.gov).



National Heart, Lung,  
and Blood Institute



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