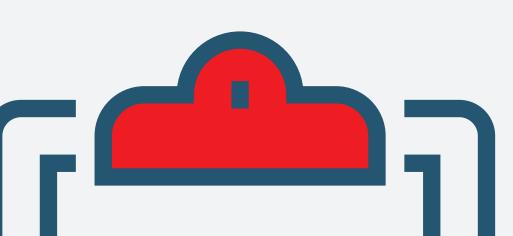


Go Red for Women®

GET YOUR NUMBERS

Ask your doctor to check your blood pressure and cholesterol.





OWN YOUR LIFESTYLE

Stop smoking, lose weight, exercise, and eat healthy.

REALIZE YOUR RISK

We think it won't happen to us, but heart disease kills one of three women.

EDUCATE YOUR FAMILY



Make healthy food choices for you and your family. Teach your kids the importance of staying active.

DON'T BE SILENT

Tell every woman you know that heart disease is our No. 1 killer.

#GoRedForWomen

Content by: "American Heart Association." www.heart.org, www.heart.org/en.