

# #Wear Red And Give

Did you know that in the U.S., cardiovascular diseases kill approximately one woman every 80 seconds?

The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. Together, we can prevent heart disease and stroke.

Take action and make a personal commitment for your heart health at [GoRedForWomen.org](http://GoRedForWomen.org).



Go Red For Women is nationally sponsored by



BEVERLY BUCHANAN  
Columbia, South Carolina

### *Why I Wear Red And Give:*

*"I wear Red so that every woman I meet will ask why, and I tell them my story and inspire them to take seriously the issues of cardiovascular health."*