



Mayor Dwayne D. Warren, Esq.

**And The Orange Municipal Council
MOVING ORANGE FORWARD**



Please show your support by wearing red on Friday, February 2, 2018.

In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year. A disease that women were not paying attention to. A disease truly believed and many still believe to this day, affects more men than women.

From this information, National Wear Red Day was born. It was held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women.

This coming National Red Wear Red Day, February 2, 2018, will mark 15 years since the initial National Wear Red Day to raise awareness about heart disease being the No. 1 killer of women.

Despite the awareness efforts made 1 in 3 women die of heart disease and stroke each year. The efforts of women making healthy lifestyle changes must continue. Funds are also needed to support educational programs to increase women's awareness about their risk of heart disease and stroke, as well as support research efforts toward knowledge of cardiovascular health.

Please support by wearing red on Friday, February 2, 2018. To find out more about how to donate to the cause please go to goredforwomen.org. The website also contains educational information and tools to for risk assessment, healthy choices, stress management, heart-healthy recipes and much more.