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CELEBRATE WEAR RED DAY ANY DAY

In 2011, more than 5,000 companies showed their support for the **Go Red For Women** movement by conducting fundraising events where employees show their support of women and the fight against heart disease. All proceeds went to the **American Heart Association** to fund critical research needed to fight heart disease and stroke. Here are some things you can do to celebrate **Wear Red Day in Honor of Judy Baker Flowers on Wednesday, Feb. 8, 2012:**

1. Encourage everyone to **wear red**. This is the simplest way to help raise awareness of the fight against heart disease in women.
2. Encourage everyone to speak up about heart disease. Ask them to open up and share the changes they've made to live more heart-healthy lives.
3. Share Judy's story (at www.northsantarosa.com) with others.
4. Be aware: Know your Heart Health Facts
5. Wear RED in honor of Judy Baker Flowers on Wed. Feb. 8, 2012.



Show your support for
Judy Baker Flowers
on
Wednesday, Feb. 8th