



American Heart Association.

American Heart Association.



why go red? why glow red? why national wear red day?

life. life is why.

Friday, February 2, 2024

21st Anniversary National Wear Red Day®

National Wear Red Day® and Go Red For Women® are why more than 1.5 million women have survived heart disease and stroke since 2004. National Wear Red Day® is a massive national public awareness day the first Friday each February, urging women, people from all walks of life, businesses, towns, schools, the media, buildings and landmarks to "go red" and "glow red" to bring attention to the fact that heart disease and stroke kill 1 in 3 women. On Friday, February 2, help us turn the country RED with life-saving awareness *by wearing something red* ... a red dress, tie, jacket, scarf, hat, blouse or shirt.

Why? To show your commitment to reducing risk, improving health, and saving lives.

how do **you** go red?

Who: Women, all people, businesses, schools, towns, organizations, legislators, media,

When: Friday, February 2, 2024 - 21st Annual National Wear Red Day for Women,

Cost: Employees, coworkers, teachers, students, family, friends donate \$5.00 or \$10.00 each to support the Go Red for Women® movement, dress in red, and wear a "red dress" pin,

Goal: Set a goal of raising \$200, \$300, \$500 to support the Go Red for Women® movement to help save more women's lives from heart disease and stroke. Wear Red Day is LIFE!!

How: Complete and return a Wear Red Day Registration Form (ask us about that),

Materials: A coordinator kit complete with posters, educational materials, "red dress" pins and other information will be in your hands between December and January.

Why:

- >It's personal ... these are our mothers, daughters, wives, sisters, friends, coworkers
- >Heart disease and stroke kill 1 in 3 women.
- >By participating in National Wear Red Day, you are supporting **the movement** to provide women the chance to survive and live healthier, longer lives.
- >Raise awareness among your employees, family and friends about the No. 1 health threat facing women today - cardiovascular disease - by sharing information.

Benefits:

- >Lead your employees, friends and family members to valuable and easy-to-understand resources from the American Heart Association and Go Red for Women® movement (www.GoRedForWomen.org)
- >Gain visibility in the community as a supporter of the Go Red For Women® movement
- >Foster employee camaraderie, rally around a common goal, boost morale, have fun

Illuminate your building, property or home RED! Ask us how.

Questions? Call the American Heart Association
New Jersey office at (609) 208-0020.

National Wear Red Day is **Why 1.5+ MILLION**
Women's Lives Have Been **SAVED** Since 2004!

We Go Red! United to Fight Heart Disease and Stroke.

why? life. life is why.





Diane Cappiello <dcappiello@twpunionschools.org>

District Wide Fundraiser

1 message

Gerald Benaquista <gbenaquista@twpunionschools.org>
To: Diane Cappiello <dcappiello@twpunionschools.org>

Thu, Jan 11, 2024 at 9:46 AM

Diane,

Please add this to the BOE Agenda for January 23, 2024. To donate money to the 21st Annual National Wear Red Day for Women, Go Red for Women® movement to help save more women's lives from heart disease and stroke. Wearing Red Day is LIFE!

Warmest Regards,

Dr. Gerry Benaquista
Superintendent
Township of Union Public Schools

 **Fact Sheet - 2024 National Wear Red Day Feb.2 Generic.pdf**
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