

FRIDAY, FEBRUARY 4, 2011
NATIONAL WEAR RED DAY®

THE RED DRESS® IS THE NATIONAL SYMBOL FOR WOMEN AND HEART DISEASE AWARENESS



Heart Disease Doesn't Care What You Wear – It's the #1 Killer of Women

National Wear Red Day is a day when Americans nationwide will wear red to show their support for women's heart disease awareness. This observance provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt or tie. Encourage your school's staff and students to wear red on this special day.

If your school participates in National Wear Red Day, please take a group picture and send it to mdoremus@co.bergen.nj.us by Feb. 22. The Department of Health Services will send your school a beautiful "Certificate of Recognition" for your participation in this important event.



The following Wear Red Day materials, appropriate for distribution to teachers, staff and parents, are available:

- _____ In Brief: Your Guide Physical Activity and Your Heart (limit 50)
- _____ Heart Disease and Stroke (limit 100)
- _____ How Can I Manage Stress? (no limit)

Order by January 21. Call 201-634-2709, email mdoremus@co.bergen.nj.us or fax your request to 201-986-1068, ATTN: Marge

Name: _____ Phone Number: _____

School: _____ Municipality: _____

Please note that the Department of Health Services is promoting this event as **an awareness campaign, not a fundraiser.**



COUNTY OF BERGEN
Kathleen A. Donovan, County Executive
Board of Chosen Freeholders
Department of Health Services
Office of Health Promotion
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