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Governor

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HEART DISEASE IS THE #1 KILLER OF WOMEN WEAR RED TO RAISE AWARENESS

The Martin County Health Department is joining “*The Heart Truth*” campaign in February to raise awareness about the risk of heart disease in women.

The public can show their support for this campaign by wearing red on Friday, February 3rd. Men, women and children can participate in this initiative by wearing their favorite red shirt, dress, socks or tie.

According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death in the United States. Research shows that one in four American women die of heart disease and most fail to make the connection between risk factors such as high blood pressure and high cholesterol.

Donna Goodwin, Healthy Communities, Healthy People Coordinator for the Martin County Health Department says, “This is a great opportunity to reach out to women in our community and encourage them to learn their personal risk factors for heart disease. By joining together, we can raise awareness locally about heart disease and help lead women on the path to prevention.”

During the month of February, American Heart Month, the Martin County Health Department in Stuart will have informational display boards and fact sheets about heart disease in the lobby.

Community Outreach Events:

Information & free blood pressure checks

Saturday, February 18	11:00 am – 1:00 pm	The Hobe Sound Library, US1, Hobe Sound
Saturday, February 25	11:00 am – 1:00 pm	The Blake Library, Monterey Rd., Stuart

More information on *The Heart Truth* campaign is available at:

www.nhlbi.nih.gov/educational/hearttruth/index.htm

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