



Give yourself the gift of a
healthy heart

A little self-nurturing will make you
look and feel better



American Heart
Association
Learn and Live.

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Wear Red Week - February 1st - 7th, 2010

Heart Disease is the number one killer of women. You can help fight heart disease by wearing **Red** and show your support for the American Heart Association and Go Red For Women at these events:

Monday, February 1st - Go Red Doggie Playdate

5:30pm-6:30pm, Huizenga Plaza, Free

Tuesday, February 2nd - RiverWalkers with Go Red's Passion Committee

6:00pm-7:00pm, Huizenga Plaza, Free

Wednesday, February 3rd - Heart Healing Yoga and Guerilla Dance

6:30pm-7:30pm, Huizenga Plaza, Free

Thursday, February 4th - National "Choose to Speak Up" Casting Call, Proclamation and Wine Tasting

6:00pm – 8:00pm; Fort Lauderdale Historical Society – New River House

For more information and to RSVP, please contact Jessica Hershberger by January 28th at Jessica.hershberger@heart.org or 954-492-6910

Friday, February 5th - National Wear Red Day

5th Annual Go Red For Women Red Hot Breakfast- 8:00am – 9:00am; Museum of Art Fort Lauderdale

This invitation only event kick-offs the Go Red For Women Celebration season.

For more information or sponsorship information, please contact Jennifer Buchanan at Jennifer.buchanan@heart.org or 954-492-6906

Saturday, February 6th - Mind, Body and Spirit Yoga

10am-11am, Esplanade Pavilion, Free

Sunday, February 7th - SunTrust Sunday Jazz Brunch on the Riverwalk

11am - 2pm, Riverwalk, Free

For more information: 954-492-6994 or www.GoRedForWomen.org

Wear Red Week Sponsor



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