

February Is:



The ESC of Medina County offers various American Heart Association training courses. You may access more information by using this link: <http://www.medina-esc.org/Downloads/AHA%20brochure%202016-2017.pdf>.



Why Go Red? Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action. That's why this year we are asking that you wear red on **National Wear Red Day®**, which is **Friday, February 3**.

It may not be at the top of most women's to-do lists, but caring for your heart through a healthy diet and regular physical activity is the secret weapon to preventing heart disease. While many may assume that popping a few pills that your healthcare provider prescribed is enough to quell symptoms or prevent a heart attack, the real preventative power lies with real changes to your lifestyle, which can reduce the risk for heart disease by as much as 80 percent.

Make your heart health a priority. Schedule your well-woman visit, a prevention check-up to review a woman's overall health so her doctor can measure blood pressure, check cholesterol, and look for signs of heart disease, stroke, and other illnesses. Then encourage others through your social channels to do the same.

Contact: American Heart Association | 888.MY.HEART (694.3278) | www.goredforwomen.org