

FEBRUARY 6, 2026

NATIONAL WEAR RED DAY

HEART DISEASE AWARENESS BEGINS WITH YOU!

The American Heart Association's Go Red movement was launched in 2004 with the goal of raising awareness and fighting a serious health issue — cardiovascular disease (CVD)

This marks the start of American Heath Month to raise awareness about heart disease, the #1 killer of women. Get your group together dressed in red, snap a photo and send it to worksitewellness@uww.edu to be featured in HR's March Newsletter!

6 Tips to Protect You!

- 1. Monitor and control blood pressure
- 2. Get enough sleep
- 3. Eat a healthy diet
- 4. Quit smoking
- 5. Maintain a healthy weight
- 6. Implement regular physical activity

For resources, visit the American Heart Association website (www.heart.org) and the Blood Pressure Kiosk in the UC located near the Minneiska Lounge

