

January 28, 2016

WEAR RED ON FRIDAY, FEBRUARY 5
Raise awareness about heart disease and stroke in women



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Martin County, FL – The Florida Department of Health (FL-DOH) in Martin County is encouraging everyone to wear red on Friday, February 5 to raise awareness about heart disease and stroke, the #1 killer of women in the United States.

The FL-DOH in Martin is partnering with Florida Community Health Center (FCHC) in Stuart in recognition of American Heart Month and National Wear Red Day and will provide *Red Dress* pins, blood pressure tracking cards and fact sheets for Health Department and FCHC visitors.

Health Department staff and Medical Reserve Corps volunteers will provide heart health information and do free blood pressure checks at the Blake and Robert Morgade libraries on February 5 and at the Martin County Fair/Senior Expo on February 16.

Risk factors for developing heart disease include: high blood pressure, high cholesterol levels, diabetes, smoking and obesity. If you are at risk, talk to your doctor. Take action. Don't smoke. Eat a healthy diet. Get physically active. Maintain a healthy weight. Take medicine that is prescribed according to your doctor's instructions.

To find out more about women and heart disease, visit the ***Go Red for Women*** website <http://www.goredforwomen.org> for more information.

**Learn more about Heart Disease and Stroke and have your
Blood Pressure checked at the events below**

• February 5

10:00 am – 12:00 pm	Blake Library	2351 SE Monterey Rd., Stuart
1:00 pm – 3:00 pm	Robert Morgade Library	5851 SE Community Dr., Stuart

• February 16

2:00 pm – 4:00 pm	Martin County Fair/Senior Expo	2616 SE Dixie Highway, Stuart
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About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health in Martin County please visit www.MartinCountyHealth.com

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