

Proclamation

WEAR RED DAY FEBRUARY 1, 2019

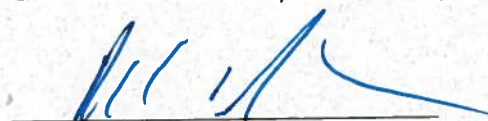
- WHEREAS,** cardiovascular diseases are the number one killer of women in the U.S.; and
- WHEREAS,** cardiovascular disease kill one woman almost every 80 seconds in the U.S.; and
- WHEREAS,** about eighty percent of cardiovascular diseases may be prevented; and
- WHEREAS,** risk factors for heart disease such as blood pressure, smoking and cholesterol can be controlled; and
- WHEREAS,** women are encouraged to commit to making physical activity and healthy eating a priority to improve heart health; and
- WHEREAS,** the American Heart Association's Go Red for Women® movement motivates women to learn their family history and to meet with a healthcare provider to determine their risk for cardiovascular diseases and stroke; and
- WHEREAS,** Go Red for Women encourages women to take charge of their heart health by knowing their total cholesterol, HDL (good) cholesterol, blood pressure, blood sugar and body mass index.

NOW, THEREFORE, I, Richard Skorman, City Council President of Colorado Springs, Colorado in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 1, 2019 as

NATIONAL WEAR RED DAY®

in Colorado Springs and urge all citizens to show their support for women and the fight against heart disease by commemorating this day by wearing the color red. By increasing awareness, speaking out about heart disease, and empowering women to reduce their risk for cardiovascular diseases, we can save thousands of lives each year.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the City of Colorado Springs to be affixed this 22nd day of January, 2019.



Richard Skorman, President Colorado Springs City Council

