



# Wear RED

FASHION SHOW for WOMEN'S HEART HEALTH

Thursday, February 11th 5:30 pm

THIS YEAR AT THE NEW GOLDENDALE GRANGE

Tell a girlfriend, your daughters & your mom! Join us to celebrate **National Wear Red Day**  
Fashion Fun ♥ Prizes ♥ Heart Healthy Tips ♥ Light Refreshments



With Special Guests **PROJECT REDTEEs**

Goldendale High School students from Becky Bare's classes will be walking the runway in their own designed Red TShirt fashions ~ Come Cheer Them On!

*Heart Disease Doesn't Care What You Wear – It's the #1 Killer of Women*



ANNIE STONE, ARNP  
will join the party to  
Encourage & Inspire!

### Ways to Stay Heart Healthy

- ♥ Control high blood pressure and high cholesterol
- ♥ Follow your treatment plan if you have Diabetes
- ♥ Maintain a healthy weight and stay physically active
- ♥ If you smoke – QUIT! Your Heart will Thank You!

### Know the Signs of a Heart Attack and Call 9-1-1

- ♥ Uncomfortable pressure, fullness or pain in the center of your chest
- ♥ Pain or discomfort in one or both arms, back, neck, jaw or stomach
- ♥ Shortness of breath with or without chest discomfort
- ♥ Breaking out in a cold sweat, nausea, vomiting or light-headedness