



COUNTY OF ERIE

OFFICE OF COUNTY EXECUTIVE

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COUNTY EXECUTIVE

MEDIA RELEASE

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FOR IMMEDIATE RELEASE
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National Wear Red Day in Erie County

The County of Erie joins the nation and the American Heart Association in celebrating National Wear Red Day and Go Red For Women at the Erie County Department of Health on Friday, February 6 at 9:00AM.

Nationwide, organizations and individuals are encouraged to wear red on Friday to educate women about the risks of heart disease and stroke. Raising awareness helps increase funding for research and treatment of heart disease. "Through our collaboration with the American Heart Association's Go Red For Women movement, we are helping women turn simple choices into life-saving actions," said Gary Lee, Director of Administration, who will present a proclamation to Gina Klofft of the American Heart Association declaring February 6 as National Wear Red Day in Erie County and commemorating the 12th anniversary of the campaign.

County of Erie employees are raising awareness by wearing red, learning about heart disease and donating to the American Heart Association. Everyone can take a stand against heart disease by knowing and managing blood pressure, cholesterol and glucose levels.

"Heart disease is the number one killer in women. Preventing heart disease is about early detection and knowing your personal risk factors for the disease. Don't wait for symptoms to appear or an adverse heart event to happen. Schedule a checkup with your doctor today to discuss your heart health and risk factors," urged Melissa Lyon, Director of Erie County Department of Health. Risk factors can be lowered by eating healthier, exercising more, reducing cholesterol, and eliminating tobacco use.

To learn more or to get involved, visit the American Heart Association at www.heart.org.

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