



COUNTY OF ERIE

OFFICE OF COUNTY EXECUTIVE

Kathy Dahlkemper
COUNTY EXECUTIVE

MEDIA RELEASE

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FOR IMMEDIATE RELEASE

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Erie County Wears Red for Women

Erie, PA – Erie County Executive Kathy Dahlkemper is joining the American Heart Association to commemorate the 13th anniversary of National Wear Red Day on February 5 at 11 AM at the Erie County Courthouse, Room 504.

Heart disease and stroke are the leading causes of death in women. National Wear Red Day is a large public awareness campaign celebrated on the first Friday of February. It is a day to build awareness of heart disease and empower women to reduce and prevent their risk. “Heart disease is nothing to ignore, and it can strike at any age. A few simple, healthy lifestyle choices can save the lives of many women in Erie County,” urged Dahlkemper.

The County Executive will present a proclamation to the American Heart Association declaring February 5 as National Wear Red Day in Erie County. The Erie County Department of Health is getting involved by wearing red and educating other women. “One in three women die of heart disease and stroke, yet it is 80% preventable. Scheduling a screening with your doctor is a small step to improve heart health,” said Melissa Lyon, Department of Health.

Educating women on the causes of heart disease and awareness of the signs is critically important. Everyone can reduce risk factors by eating a healthy, balanced diet, increasing exercise and eliminating tobacco use.

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

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