

American Heart Association Go Red for Women

National Wear Red Day®
Friday, February 7, 2020

Wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do.



The Nation Goes Red in February

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

<https://www.goredforwomen.org/>