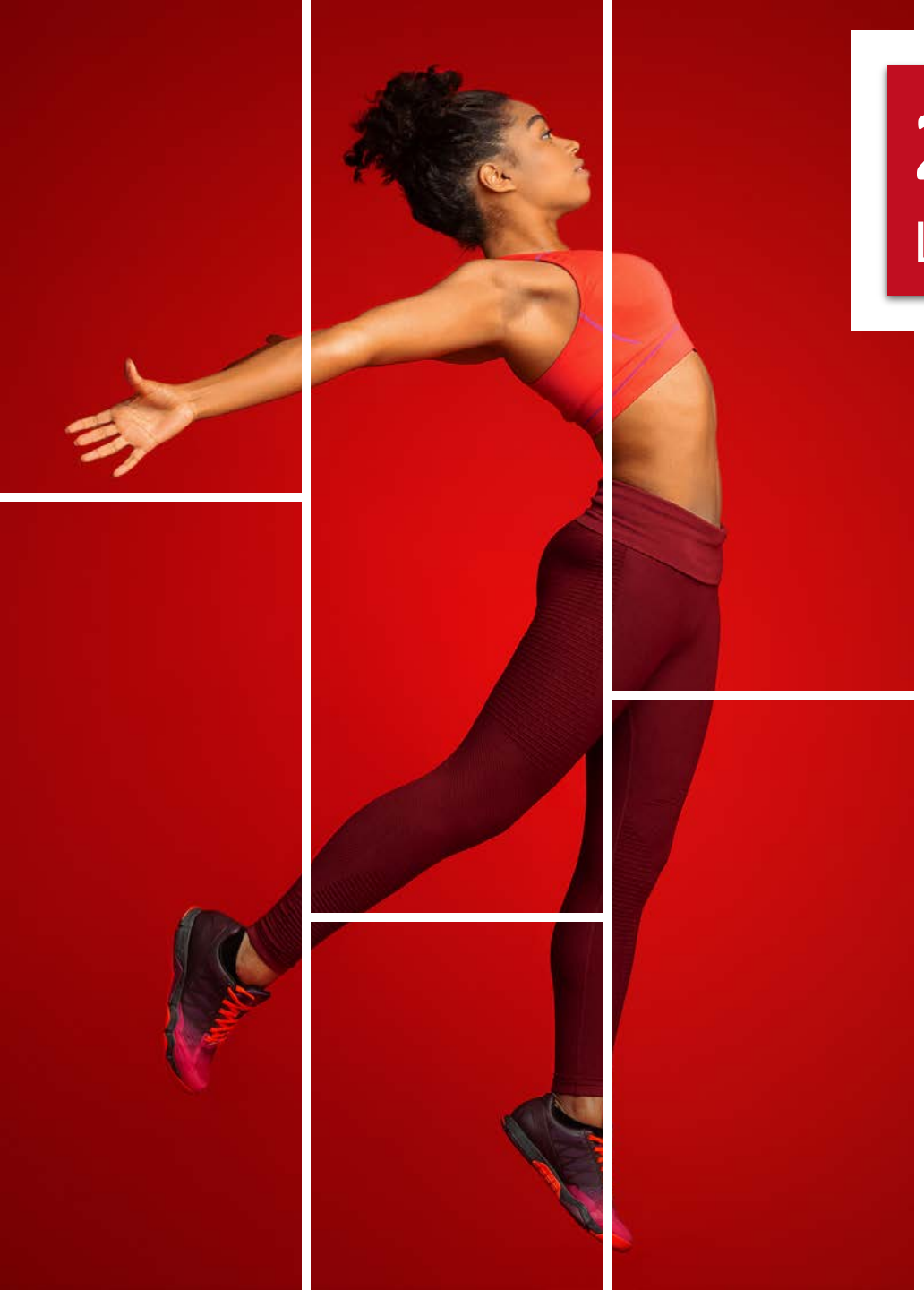
American Heart Association.

Go Red for women.

FEBRUARY 2021

Live Fierce. Go Red.





28 DAYS. 28 WAYS.

Live Fierce. Go Red.

This February, each day we'll call on women to live fierce and Go Red.

28 Days. 28 Ways. is a fun, easy, interactive way to Go Red throughout Heart Month, including live digital experiences every week.

Highlighting the stories of the Real Women, Celebrities and Influencers, we'll engage women all month, celebrating the actions they take to raise awareness and live healthier lives.

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Go Red for women.

28 DAYS. 28 WAYS. LIVE FIERCE. GO RED.

CHD WEEK 2/7-14

SELF-CARE SUNDAY	MOTIVATION MONDAY	TRY IT TUESDAY	WORKOUT WEDNESDAY	THANKFUL THURSDAY	FIERCE FRIDAY	SHARE IT SATURDAY
	1 **Heart Month Launch** **Real Women Launch**	2 Try New Ways to Go Red	3 **NFL PLAY 60 Kids Day**	4 Who are You Thankful for? Celebrate a Woman in Your Life	5 **National Wear Red Day** **"At the Heart of It with Nancy Brown"**	6 Share This Post (CVD Is the No. 1 Killer of Women)
7 Stress Management / Mental Well-being	8 **"House Calls: Real Docs, Real Talk" – CHD**	9 Try a New Way to Move	10 Family Workout(s) with Kids	11 **Red Dress Collection**	12 Live Fierce, Do Something for YOUR Health	13 Share Your Experience / Share Your Data (Join Research Goes Red)
14 Love Yourself 	15 Simple Steps to a Better You	Try a New Food	17 Workout at Home	18 Thankful for Moms, Grandmothers	19 Live Fierce, Be a Hero - Learn CPR and Save a Life	20 **Share Your Furry BFF (Pet Mosaic)**
21 Take Care of Yourself: 3 W's	22 **Research Goes Red Facebook Live**	23 Ever checked your BP? Try It and Know Your Numbers	24 Workout with a Friend (Virtually)	25 Thankful for Healthcare Workers, Researchers	26 Fierce Women In Your Community: Woman of Impact/Teen of Impact	27 Share Your Story (Support Network)
28 **Show Us – How Did You Go Red?**						

Icon Day

Digital Experience