



To Whom It May Concern:

It is time again to “Go Red for Women”. February is National Go Red for Women month. This is the American Heart Association's nationwide movement that celebrates the energy, passion, and power to band together and fight heart disease. Too few people realize that heart disease is the Number 1 killer of American women – and men. On average, an American dies of cardiovascular disease every 35 seconds. But the good news is that **heart disease can largely be prevented**. Go Red for Women empowers women with the knowledge and tools they need to take positive action to reduce their risks of heart disease. “Love Your Heart” and the “Go Red for Women” movements are mobilizing women, men, celebrities, healthcare providers, and politicians to embrace and elevate the cause of women and heart disease.

Portneuf Medical Center’s cardiovascular educators are available to provide **free** presentations to any age group, male or female, to discuss heart disease and prevention. We have a 30-45 minute power point presentation available or a 30-45 minute interactive cardiovascular game. We would enjoy spreading the “**Love Your Heart**” message by scheduling a presentation with you during the month of February, or any month that is convenient for you. Do you know your risk factors for heart disease? If you are interested, or have any questions, please call us at 239-3603.

Thank you,

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