

# WEAR RED

*Friday, February 2, 2018*

## CHANGE YOUR LIFESTYLE

- EAT HEALTHY
- GET MORE EXERCISE
- MANAGE STRESS
- LOSE WEIGHT
- CHECK YOUR CHOLESTEROL
- STOP SMOKING
- MONITOR YOUR BLOOD PRESSURE
- TAKE YOUR MEDICATIONS

*Join the EGSC Nursing Department in getting heart-healthy by living a Heart Healthy Lifestyle and wear red on Friday to support the National Go Red Campaign.*



[www.goredforwomen.org](http://www.goredforwomen.org)