



**McHenry County
Department of Health**

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February 5 “Go Red for Women”
Support women’s heart health

Woodstock IL – McHenry County Department of Health (MCDH) joins the American Heart Association (AHA) this Friday, February 5th in its nationwide campaign “Go Red for Women”, to encourage Americans to wear red in support of women’s heart health awareness. Anyone can participate by showing off a favorite red dress, shirt, scarf, tie or Red Dress pin. Cardiovascular disease is the #1 killer among women which claims more than 500,000 lives each year.

To empower women with the knowledge they need to take charge of their health, the AHA has created the “[My Life Check](#)” health assessment tool to help Americans take steps to change their behavior and reach personal health goals. The Web site also describes “Life’s Simple 7” which focuses on ways to improve health – controlling cholesterol, managing blood pressure, reducing blood sugar, stop smoking and making a plan to eat better and lose weight. Each health factor is a clickable tab to help you be successful. Share the tool with friends, family and coworkers.

Show your commitment to improving health and saving lives. Wear **Red** on February 5th. For more information, visit the American Heart Association’s website at www.goredforwomen.org.

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“Working to prevent disease and promote health and safety for all people of McHenry County since 1966.”