

# News Release



**Ilene Shapiro – Summit County Executive**  
FOR IMMEDIATE RELEASE

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## **County Executive Shapiro Sponsoring Heart Healthy Events throughout the Month of February in Honor of Go Red For Women**

Each year, the American Heart Association recognizes the month of February as Go Red for Women, and February 2<sup>nd</sup> as National Wear Red Day in an effort to raise awareness surrounding the issue of heart disease and stroke in women. County Executive Shapiro will sponsor a number of events throughout the month of February for participating County offices in recognition of the Go Red campaign.

In the United States, approximately 500,000 women lose their lives annually to cardiovascular disease. While heart disease ranks as the number one killer of women, heart related deaths are still primarily identified with men. The Go Red campaign's mission is to increase education and awareness of cardiovascular health as it relates to women and encourage personal action to know heart health and heart risks.

“Go Red For Women has been a powerful ally in women’s cardiovascular health and continues to empower women to know the risks of heart disease,” said Executive Ilene Shapiro. “In sponsoring a number of Go Red events throughout February, many of our County employees will have fantastic opportunities to learn about these issues and gain knowledge of risks and preventative measures.”

The scheduled Go Red Executive events are open to all employees, male and female, and are as follows:

**Friday, January 26th**

Jeans for Go **RED**

Heart Healthy Gift Basket or Gym Membership Raffle

**Friday, February 2nd**

Paint the County **RED** door/cubicle decorating contest

National Wear **RED** Day

**Friday, February 9th**

Lunch and Learn – Know Your Heart Healthy Numbers?

**Friday, February 16th**

Lunch and Learn – Heart Healthy Eating

**Friday, February 23rd**

**Lunch and Learn – Save a Heart CPR**

For more information about Summit County Executive Go Red events please contact:

Jill P. Adams: 330-643-2560

For more information about Go Red for Women and cardiovascular disease please visit:

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

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