



American Heart Association.



Leslie Jordan, Margarita Pineiro,  
& Sharell Weeams  
heart disease & stroke survivors

**BETHE  
BEAT**

# NATIONAL WEAR RED DAY<sup>®</sup>

**IS FRIDAY, FEBRUARY 3, 2023**

Wear red and be one step ahead.

Show support for the women in your life.  
On Friday, February 3, get your steps in  
and proudly **WEAR RED.**

**[WearRedDay.org](https://www.WearRedDay.org) | [#WearRedDay](https://twitter.com/WearRedDay)**

Go Red for Women is  
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