

BE THE BEAT



American Heart Association®



WEAR RED AND BE ONE STEP AHEAD.

FEBRUARY IS AMERICAN HEART MONTH

For your mother. Your aunt. Your sister.
For thousands of women you will never meet.

We're asking you to wear red this February in solidarity with women around the world who aim to raise awareness about American Heart Month. Be the Beat by showing your support in three ways:

- ♥ **WEAR RED** to raise awareness.
- ♥ **GIVE** to save women's lives.
- ♥ **SHARE** #WearRedandGive on social media.

Sharell Weeams
*heart attack and cardiac
arrest survivor*



Go Red for Women is
nationally sponsored by



Big Lots is a National Wear Red Day matching partner of the American Heart Association's Go Red for Women Movement.

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