



**AND**



***Are two National Organizations sending the same message  
On the First Friday of February -***

***HEART DISEASE IS THE #1 KILLER OF WOMEN!!!***

For the third year the PBCHD staff have joined in support of these campaigns, working to get the message out –

This National Awareness Campaign for women about Heart disease created the Red Dress as the national symbol for women and heart disease in 2002.

Fewer than 50% of American women know that heart disease is their leading killer. In 2002 the percentage was less than 30%!!

That Heart disease can often be prevented.

One in every 2.6 female deaths is due to Heart disease – almost 500,000/year.

Every year since 1984 more women than men died of heart disease.

**Now here's 5 simple ways to love your heart –**

**Celebrate with a Checkup**

**Get up Off the Couch**

**Quit Smoking**

**Drop a Pound or Two a Week**

**Become a Salt Detective**

**To learn more...**