



GREEK ORTHODOX ARCHDIOCESE OF AMERICA

GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, Inc.

January 24, 2019

Dear Esteemed Chapter Presidents and Members,

Go Red for Women is the American Heart Association's national call to increase awareness and help prevent heart disease, the number one killer of American women. This is a call for women, to take charge of their well-being and live stronger, healthier lives.

The statistics make it clear that awareness is important. Ninety percent of women have one or more risk factors for developing heart disease. Only one in five women believes that heart disease is her greatest health risk. Eighty percent of cardiac events in women could be prevented if women made the right choices for their hearts. Join in the mission to increase awareness and help prevent heart disease in women today!

The National Philoptochos Society promotes the American Heart Association's **Go Red for Women** campaign. Improve awareness by sharing information with your Philoptochos sisters, your parish community and all the women you know and love. The American Heart Association has designated Friday, February 1, 2019 as National Wear Red Day. In support of this program, we are designating **Sunday, February 3, 2019** as **Go Red Sunday** and are asking our Philoptochos sisters across the country to join the movement and wear red, when attending Church services.

Below are some suggestions to help your Chapter and stewards implement **Go Red Sunday**:

- Announce the event date in advance and ask fellow Chapter stewards and parishioners to wear red.
- Distribute red dress pins which you may buy in bulk at www.ShopHeart.org and/or red carnations to all women.
- Download and print fact sheets from the American Heart Association website, www.heart.org, to distribute to those who are interested in learning more.
- Place facts about awareness and prevention in the parish bulletin.

For further information and ideas for your Chapter's **Go Red for Women** campaign, please go to www.goredforwomen.org.

Sincerely yours,

Maria Logus
President
National Philoptochos Society