

**Other ways to promote heart disease awareness during the month of February (partially adapted from the American Heart Association):**

- If your local dress code permits, celebrate National Wear Red Day (Feb. 6, 2015) to raise awareness about women and heart disease. Encourage everyone in your community to wear red on National Wear Red Day and use the tools provided in the toolkit to learn how they can protect themselves and their loved ones from heart disease. Visit [www.goredforwomen.org](http://www.goredforwomen.org) ([www.goredforwomen.org](http://www.goredforwomen.org)) for more information.
- Create computer screen savers featuring a heart health awareness theme, which encourages screening, living a healthier lifestyle and inspirational photos of colleagues touched by heart disease.
- Providing promotional items featuring nurse line phone numbers and reminders to get annual physicals at any events your sponsoring this month.
- Put up flyers encouraging patients, colleagues and guests to “know their numbers” (including blood pressure) and to schedule an annual physical to help prevent or control heart disease.
- Conduct a cooking demonstration in your cafeteria using a heart-healthy recipe or feature healthier meals and other foods that can help prevent or control heart disease.
- Host a 20-minute group walk around your office at lunch time or start a walking program.
- Host an American Heart Month event at local schools, health centers, libraries, etc. Work with local recreation and fitness centers to spread the word about the importance of physical activity to prevent heart disease.
- Contact your local Red Cross to host a CPR training event in your community. Urge local community members to learn CPR and AED (Automated External Defibrillator). These skills can help save the life of someone who has sudden cardiac arrest.