

CUMC GOES RED IN FEBRUARY

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally. In recognition of Heart Health Month and to demonstrate CUMC's effort to promoting Healthy Behavior, Sunday February 10 is "WEAR RED SUNDAY" at Colesville.

It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women (and men) making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without.

Nearly 80 percent of cardiac events can be prevented. Cardiovascular diseases continue to be a woman's greatest health threat and is also a threat to the health of men and all young adults.

The CUMC Health Ministry Team is encouraging all to, *COMMIT TO BETTER HEALTH.*

We all have to take care of ourselves and make health a priority. Who at CUMC will make health a priority for themselves and their families???

Making a commitment to your health isn't something you have to do alone, invite your family and friends to achieve better health goals with you and make a Go Red Healthy Behavior Commitment today. How??

MOVE MORE. Make physical activity a priority. Commit to move more.



EAT SMART. Make healthy eating a priority and commit to eating smart.



CHECK YOUR NUMBERS. Heart disease and stroke may be prevented by understanding your numbers. Monitor your blood pressure often.

