

**MAYOR'S PROCLAMATION DECLARING
NATIONAL WEAR RED DAY
IN THE CITY OF PFLUGERVILLE
FEBRUARY 7, 2014**

WHEREAS, an estimated 43 million women in the U.S. are affected by cardiovascular diseases; and

WHEREAS, heart disease kills more women than all forms of cancer combined, but is often undiagnosed; and

WHEREAS, ninety percent of women have one or more risk factors for developing heart disease, yet only one in five American women believe that heart disease is her greatest health threat; and

WHEREAS, the American Heart Association's Go Red For Women® movement has been impacting the health of women for 10 years and more than 627,000 women's lives have been saved and 330 fewer women are dying every day; and

WHEREAS, In celebration of the 10th Birthday of National Wear Red Day on February 7, 2014, Go Red For Women is asking all women across America to Go Red by wearing red and speaking red.

- **Get Your Numbers:** Ask your doctor to check your blood pressure & cholesterol.
- **Own Your Lifestyle:** Stop smoking, lose weight, exercise & eat healthy.
- **Realize Your Risk:** Heart disease is the cause of 1 in 3 female deaths each year.
- **Educate Your Family:** Make healthy food choices & stay active as a family.
- **Don't be silent:** Tell every woman you know.

NOW, THEREFORE, I, Mayor Jeff Coleman in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 7, 2014 to be "**NATIONAL WEAR RED DAY**" in the City of Pflugerville and urge all citizens to show their support for women and the fight against heart disease by commemorating this day by the wearing of the color red.

In Witness Whereof, I cause the Official Seal of the City of Pflugerville to be affixed this 28th day of January 2014.

Jeff Coleman, Mayor