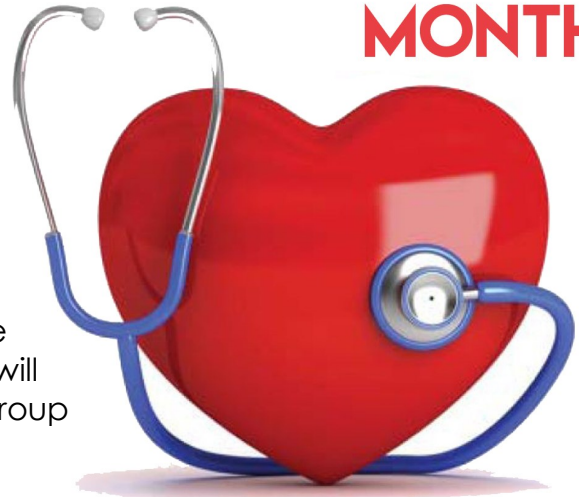


FEBRUARY IS HEART HEALTH AWARENESS MONTH

**Wake County Human Services'
Health Promotion Section is
co-sponsoring the follow activities**



♥ February 3, 2017 - Go Red Day

This annual event helps to raise awareness of heart disease in women. In partnership with Wake County HR Wellness, all Wake County Employees will be encouraged to wear red and participate in group walks at 1:00PM.

♥ February 6, 2017 - Heart Health- Go Red For Women® Month Proclamation

February is designated as Heart Health - Go Red For Women® Month in Wake County. According to the American Heart Association (AHA), heart disease remains the #1 killer of U.S. women, affecting more than one in three. AHA's Regional Vice President of Government Relations, Betsy Vetter along with AHA National Spokesperson Evelyn McMahon will present the Heart Health - Go Red For Women® Month Proclamation during the BOC meeting.

♥ February 15, 2017 - Blood Pressure and "Hands Only" CPR Community Day

The Health Promotion Chronic Disease Prevention (HPCDP) Section will partner with Wake County EMS to provide free blood pressure screenings and "hands only" CPR trainings to Wake County residents. Three EMS locations have been chosen based on GIS vulnerability mapping. Participants will be counseled on their blood pressure levels, learn "hands only" CPR, warning signs of a heart attack and tips on how to prevent heart disease. Participants will sample healthy snack options as they learn about healthy eating and physical activity.

EMS Station 1 – 331 S. McDowell Street; 12:00PM - 2:00PM

EMS Station 12 – 10000 Durant Road; 2:30PM - 4:00PM

EMS Station 5 – 4704 Hargrove Road; 4:30PM - 6:30PM

♥ February 21, 2017 6PM-8PM - Feel the Beat: Fitness Night, Chavis Heights Community Center, 505 Martin Luther King Blvd, Raleigh.

In partnership with Southeast Raleigh Assembly (SERA), HPCDP will offer a free exercise night. For two hours, the community will participate in a variety of exercise including Zumba, line dancing, boot camp and kick boxing. Participants will also engage in interactive educational displays to learn ways to reduce their risk of heart disease.

♥ Wake County Parks and Recreation Activities

The HPCDP Section will partner with Wake County Parks and Recreation (Blue Jay Point, North Wake Landfill, American Tobacco Trail and Harris Lake County Parks) to Go Red in February. Parks will showcase a Go Red Trail and provide heart health information to park visitors. In an effort to promote physical activity within the community, HPCDP and park staff will co-lead two trail walks infused with heart health facts and details of the trails natural surroundings.

Trail Walks:

- February 10, 2017, 3:00PM-4:00PM:

American Tobacco Trail, New Hill Entrance - 1309 New Hill Olive Chapel Road, Apex 27502

- February 20, 2017, 3:00PM-4:00PM:

Blue Jay Point County Park, Azalea Loop Trail - 3200 Pleasant Union Church Road, Raleigh 27614

WCHS Employee Events

Marathon Health will offer free blood pressure checkups throughout the month. Visit Living Great @ Wake for more information on events.

For more information on these events please contact:

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Red Dress Committee Chair

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