

CITY OF HARRINGTON

**PROCLAMATION
City Goes Red Month & Wear Red Day
February 5, 2016**

WHEREAS, heart disease is the number one killer of women, and cardiovascular diseases cause one in three women's deaths each year, killing approximately one woman every minute; and

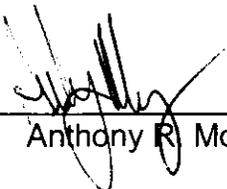
WHEREAS, ninety percent of women have one or more risk factors for developing heart disease yet only one in five American women believe that heart disease is her greatest health threat; and

WHEREAS, since 1984, more women than men have died each year from heart disease, and the gap between men and women's survival continues to widen; and

WHEREAS, Go Red for Women is asking all women across America to Go Red on February 5, 2016 by wearing red and speaking red:

- **Get Your Numbers:** Ask your doctor to check your blood pressure and cholesterol.
- **Own Your Lifestyle:** Stop smoking, lose weight, exercise, and eat healthy.
- **Realize Your Risk:** Women think it will not happen, but heart disease is the cause of one in three female deaths each year.
- **Educate Your Family:** Make healthy food choices for you and your family; teach your kids the importance of staying active.
- **Don't Be Silent:** Tell every woman you know that heart disease is their number one killer; raise your voice at GoRedForWomen.org.

NOW, THEREFORE, I, Anthony R. Moyer, Mayor of the City of Harrington, do hereby proclaim the month of February 2016 as **City Goes Red Month** and Friday, February 5, 2016, as **Wear Red Day** in the City of Harrington and urge all citizens to show their support for women and the fight against heart disease by commemorating this day by wearing the color red and by increasing awareness, speaking up about heart disease, and empowering women to reduce their risk for cardiovascular disease.



Anthony R. Moyer, Mayor

Signed the 19th day of January, 2016.