

# February is American Heart Month

National Wear Red Day  
Friday, February 6



**Know the risks, listen to your heart and take control of your health!**

During Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSP) encourage women to listen to their hearts and speak up for their health.

Women in the U.S. are experiencing avoidable heart-related illness and death. About 1 in 5 heart attacks are silent. Heart-health disparities specific to women widen and deepen when combined with race, ethnicity, and other social factors.

**To be heart healthy, contact your primary care physician or call us at (213) 536-5815.**

**Visit us at [CNHFClinics.org](https://www.CNHFClinics.org).**



Providing God's spiritual healing through healthcare.

