



Cape Cod Has Heart. Do You? Join Us.

Cape Cod Goes Red | February 1–14 | Cape Cod Canal to Provincetown

In honor of National Heart Month and the American Heart Association's Go Red For Women campaign, scenic Cape Cod will be "Going Red," or "glowing" red that is, from February 1–14 with the lighting of municipal buildings, businesses and private homes.

Wear Red Day | February 1 (or anytime!) | Your Workplace

Heart disease is the No. 1 killer of women aged 20 and over. But everyone can support the fight against heart disease by wearing red! Just donate \$5 to the American Heart Association to wear red and jeans (if appropriate) to work. It's a simple, powerful way to raise awareness and funds in support of heart disease and stroke.

Go Red For Women Love Your Heart Luncheon

February 13, 10 am–2 pm | Cape Codder Resort & Spa

Put your favorite red dress on and celebrate National Heart Month. Treat your employees, yourself or someone you care about, while learning to love and care for your most valuable asset (your heart!) through educational seminars, a fabulous silent auction, scrumptious lunch and more.

National Start! Walking Day | April 16, 8 am–5 pm | Your Work Place

Research that shows that adults can gain two hours of life expectancy for each hour of regular, vigorous exercise, like very brisk walking.

National Start! Walking Day is a simple, powerful way to pledge to make your heart health a top priority and also a symbol of your support for the Start! movement which encourages everyone to walk their way to heart health.

Cape Cod Start! Heart Walk | April 27, 9 am–2 pm | Three Locations

The Annual Cape Cod Start! Heart Walk will take place in three terrific locations this year: **Sandwich, Hyannis, and Provincetown!** Why not make a day of it and come out for a walk with your friends and neighbors? You're efforts with this and all of our events will help us raise funds to fight cardiovascular disease on Cape Cod.

American Heart Association

Serving Cape Cod, the Islands & Plymouth County
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