



American
Heart
Association.

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MEDIA ALERT - PHOTO & VIDEO OPPORTUNITY

Erie County Legislator Lynne Dixon to issue Go Red for Women® Campaign proclamation to the American Heart Association & Go Red for Women Chair Shari McDonald

- What:** Erie County Legislator, Lynne Dixon, will present a proclamation to the Buffalo Niagara American Heart Association Executive Director **Marc Natale** and **Shari McDonald**, RN, MSN, Vice President of Patient Care Services and Chief Nursing Officer at Mercy Hospital & Chair of the 2019 Go Red for Women Luncheon & Campaign
- Where:** Mercy Hospital, third floor, 565 Abbott Road, Buffalo NY 14220
- When:** Monday, January 28, 2019
- Time:** 1 p.m.
- What:** Honoring Shari McDonald, her leadership team and Catholic Health for their work in support of the Go Red for Women® campaign as well as encourage everyone to participate in National Wear Red Day on Friday, February 1st.

Everyone can honor those who are living with heart disease and those they have lost

For over a decade, women have fought heart disease and helped save lives through the Go Red for Women campaign. But while 80% of

heart disease and strokes are preventable, the fight is not over. This No. 1 killer is still taking the lives of our mothers, sisters, daughters and friends. An estimated 43 million women in the U.S. are still affected by heart disease. Heart disease in women requires more attention, more research and swifter action.

What Does It Mean To "Go Red":

- **Get Your Numbers:** Ask your doctor to check your blood pressure, cholesterol and glucose
- **Own Your Lifestyle:** Stop smoking, lose weight, be physically active and eat healthy.
- **Raise Your Voice:** Advocate for more women-related research and education.
- **Educate Your Family:** Make healthy food choices for you & your family. Teach your kids the importance of staying active.
- **Donate:** Show your support with a donation of time and money to GoRedBuffalo.Heart.Org

Encourage family and friends to take small steps toward healthy lifestyle choices to reduce their risk for heart disease and stroke.

Wear Red Day is February 1st kicking off American Heart Month. The American Heart Association encourages everyone to raise awareness about heart disease by wearing red throughout the month and share their photos on Twitter @WNYHeart #WearRedDay #GoRedBuffalo or on Facebook or Instagram @AHANewYork.