

*West Deptford Township*  
*Proclamation*

**WHEREAS**, diseases of the heart are the nation's leading cause of death, and stroke is the third leading cause of death; and

**WHEREAS**, heart disease and stroke cause 1 in 3 deaths among women each year, and represents the number one threat to women. Fortunately, we can change that because healthy choices and prevention efforts have resulted in 330 fewer heart disease deaths per day; and

**WHEREAS**, February is designated as American Heart Month, "Go Red for Women" is the American Heart Association's national call to increase awareness about heart disease and to inspire women to take charge of their heart health; and

**WHEREAS**, all women should learn their own personal risk for heart disease, using tools such as the American Heart Association's My Life Check, Go Red for Women Heart Check Up, and by talking to their healthcare provider about their heart health; and

**WHEREAS**, making the right choices relating to proper nutrition, physical activity, and other healthy lifestyle choices are essential to living a heart healthy life; and by choosing to **MAKE IT YOUR MISSION!** You can save lives.

**NOW, THEREFORE, BE IT RESOLVED** that I, Denice DiCarlo, Mayor, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 1, 2019, to be

**"NATIONAL WEAR RED DAY FOR WOMEN"**

in West Deptford Township and urge all citizens to "go red" for the day and wear red on February 1, 2019 to call attention to the magnitude of cardiovascular disease in women, and as a show of support to fight it, as well as in recognition of family, friends and neighbors who have suffered from cardiovascular disease. By increasing awareness of the risk factors for this devastating disease and taking actions to reduce them, we can save thousands of lives each year.

**ADOPTED** this 16<sup>th</sup> day of January 2019.

*Denice DiCarlo*

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**DENICE DICARLO, MAYOR**