

# Support Women's Heart Health

National Wear Red Day is Friday, February 1



*"If your body is telling you something is wrong, it is!"*

Like many women who find themselves dealing with heart health issues, Judith Piazza knew something wasn't right. Her advice? Push until someone listens! Click above to hear a snippet of her story, and watch for her complete story on [Facebook](#) later today, and check back tomorrow for an interview with another fellow employee, Natalie Brawner.

Then, join us in raising awareness for women's heart health by wearing red on Friday. According to the American Heart Association, heart disease and stroke cause 1 in 3 deaths among women each year. We have the power to change that, because 80 percent of cardiac and stroke events may be prevented with education and action.

We invite you to follow us on Facebook and Twitter @kypersonnel, and watch as these employees share their wisdom on heart health. Share your own story and upload your picture wearing red! Use the hashtag [#GoRedKy](#).

Learn more, including facts, risk factors, and how to get involved at [goredforwomen.org](http://goredforwomen.org).

