

Join us for
National Wear Red Day

Together for heart health

Friday, February 6, 2026

Heart disease is the **leading cause of death in the U.S.** Join us in wearing red to raise awareness, spark conversations, and inspire action for healthier hearts everywhere.

How to participate

- **Wear red on February 6** to show support for heart health and encourage others to participate
- **Share your spirit:** Post a photo with **#WearRedDay**
- **Prioritize your heart health:** Talk to your doctor, make lifestyle changes, and get preventive care
- **Learn CPR**—it could save a life
- **Support the cause:** Donate at **GoRedForWomen.org**

**We're right here for you—
because your heart matters. Let's take
action today and create a healthier
tomorrow, together.**



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HEALTHCARE

Right here.
For you.

