

Be Sure to “Go Red” on National Wear Red Day!

The American Heart Association (AHA) will hold its yearly National Wear Red Day on Friday, February 6, 2026, to call attention to heart disease. Why “Go Red?” According to AHA, “Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds.” Fortunately, we have the power to change that because 80 percent of cardiac and stroke events may be prevented with education and action.

Do your part to educate yourself, your friends, and your family this year. Join the movement to end heart disease and strokes in women because it’s not just a man’s disease. Here’s what it means to Go Red:

G: Get Your Numbers
O: Own Your Lifestyle

R: Realize Your Risk
E: Educate Your Family
D: Don’t Be Silent

Well Aware encourages all Montgomery County Public Schools employees to make their heart health a priority. Schedule your annual preventive check-up to review your overall health, measure your blood pressure, and check your cholesterol. Be alert for signs of heart disease, stroke, and other illnesses.

Please watch this [video](#) that explains why you should Go Red at any age and to learn more about National Wear Red Day.

Did your school, office, or depot plan a Wear Red Day in honor of women’s heart health? Take a picture of your staff and [email it to Well Aware](#).