

What is Go Red for Women?

Go Red for Women is the American Heart Association's national campaign to increase awareness of heart disease – the leading cause of death for women – and to inspire women to take charge of their heart health.

Go Red for Women provides women of all ages with information and resources on healthy eating, exercise and risk factors reduction – such as smoking cessation, weight maintenance, blood pressure control and cholesterol management.



The color red and the red dress now stand for the ability all women have to improve their heart health and live stronger, longer lives.

Thank You Participants and Sponsors

Cold Stone
Wal-Mart – Cedar Falls
The Other Place
Runners Flat
Barnes and Noble
Runway
Anytime fitness
Snap fitness
Golds Gym
Ignition (band)



Go Red Events

Cold Stone Night 10-28-2008

Come enjoy an ice cream treat while donating to a great cause! Every ice cream you get helps Go Red for Women!

Wal-Mart

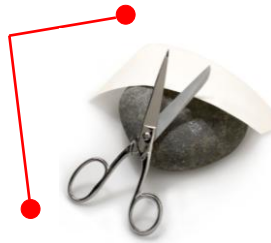
Do your shopping November 15 & 16 at Wal-Mart and get a red licorice for any amount of donation given that day.



Can Redemption

Stack 'em and Sack 'em

Save your pop cans and donate them to Go Red for Women's Stack 'em and Sack 'em fundraiser. Now through November 30, 2008. Just call Brittany at 515.681.6283 to have your pop cans picked up.



Rock, Paper, Scissors at the OP

11-13-2008

The Other Place on College Hill, Cedar Falls will be hosting a Rock, Paper, Scissors tournament Thursday, November 13, 2008 starting at 9:00 pm. The \$3 entry fee will be donated to Go Red for Women that night, and drink specials will be available.

Rockin' in Red Concert

November 2008 Ignition and another local band will be performing a concert at St. Paul Presbyterian Church in Johnston. Bring your friends and come listen to two great bands play while supporting Go Red for Women with every ticket purchased for \$5.

How to get involved....

- ♥ Join us at any of our events
- ♥ Visit a sponsoring location to donate there
- ♥ Visit www.goredforwomen.org for more volunteer opportunities.
- ♥ Make a donation by sending your donation and this panel to...

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