



February 12, 2025

To: Regional Vice Presidents  
Branches and Facilities

## **WEAR RED ON FEBRUARY 13, 2025, AND SUPPORT WOMEN'S HEART HEALTH**

Join the movement and **Wear Red** to raise awareness for **women's heart health** in Canada!

Heart disease is the number one killer of women worldwide and the leading cause of premature death in Canadian women. The good news is, 80% of a woman's risk factors are within their control, and heart disease is largely preventable.

**Wear Red Canada** is celebrated annually across Canada on February 13th to raise awareness about women's heart health. Events are held across the country to serve as a reminder for all people in Canada, but especially women, to be mindful, curious, and proactive in the management of our heart health and wellness.

Wear red on **Thursday February 13th** to help raise awareness and make a powerful statement about the importance of heart health for women across Canada!

Learn more at [WearRedCanada.ca](https://WearRedCanada.ca)

From the CATCA Women's Committee