



## PROCLAMATION

**Whereas**, National Wear Red Day is supported by the American Heart Association and celebrated in conjunction with national heart health month; and

**Whereas**, Cardiovascular diseases are the number one killer of women in the U.S.; and

**Whereas**, cardiovascular diseases kill 1 in 3 women, but about eighty percent of cardiac events can be prevented through education and lifestyle changes; and

**Whereas**, all women are encouraged to move more, eat smart and manage blood pressure to reduce their risk of cardiovascular disease; and

**Whereas**, the American Heart Association's Go Red for Women® movement motivates women to learn their family history and to meet with a healthcare provider to determine their risk for cardiovascular diseases and stroke; and

**Whereas**, as the trusted, passionate and relevant force for change to eradicate heart disease and stroke in women, the American Heart Association's Go Red for Women® remains steadfast and committed to meeting the comprehensive health needs of women – at every life stage.

**Now, Therefore**, I, Dr. Christopher Harvey, Mayor of the City of Manor, Texas, and on behalf of the Manor City Council, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 3, 2023, as:

### “NATIONAL WEAR RED DAY”

in the City of Manor and urge all citizens to show their support for women and the fight against heart disease by commemorating this day by wearing the color red. By increasing awareness, speaking out about heart disease, and empowering women to reduce their risk for cardiovascular diseases, we can save thousands of lives each year.

**In Witness Whereof**, I have hereunto set my hand and caused the seal of the City of Manor to be affixed this 6<sup>th</sup> day of February 2023.

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Dr. Christopher Harvey, Mayor  
City of Manor