



Let's Unite On  
National Wear Red Day



## ***PROCLAMATION***

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

***WHEREAS***, cardiovascular diseases kill one woman almost every 80 seconds in the U.S.; and

***WHEREAS***, heart disease and stroke can affect all women at any age, heart attacks are on the rise in younger generations of women, Gen Z and Millennials, are less likely to be aware of knowing the warning signs of heart attacks and strokes; 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; and

***NOW, THEREFORE***, I, Dr. Larry Wallace Jr., 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 5, 2021 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 3<sup>rd</sup> day of February 2021.

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Dr. Larry Wallace Jr., Mayor  
City of Manor