Wear Red Day Photo Challenge

February is American Heart Month

National Wear Red Day is part of American Heart Month to bring awareness to cardiovascular disease and the importance of early detection and prevention.

Heart disease is a circulation problem that occurs when blood flow to the heart is blocked.

Why is American Heart Month important?
- Heart disease is a leading cause of death in the U.S.
- Early detection and treatment can improve your chances of survival and prevent heart damage.

How to participate:
- Wear red to work during the first week of February
- Take a selfie or team photo wearing red
- Email your photos to Well-Being and enter the raffle to win a prize!

February 3 to 7
Email your photos to
wellnessprograms@jhu.edu

For heart health and other well-being resources, visit hr.jhu.edu/well-being

JOHNS HOPKINS
U N I V E R S I T Y