



*National Wear Red Day*

# HEART HEALTH AWARENESS

## February 3, 2017

Wear red to raise awareness about heart disease and stroke on Friday, February 3rd. Join us at the HSS Wellness Center for a heart healthy activity and learn about warning signs and symptoms of a heart attack and stroke. Get tips on a few ways you can reduce your risk of heart disease. Two sessions available, 12:10-12:55pm and 1:10-1:55pm. Pick one that works best for you and don't forget to wear red.

**RSVP REQUIRED:**

<https://sfhsswearredday.eventbrite.com>

**LOCATION:**

HSS Wellness Center  
1145 Market Street, 1st Floor  
San Francisco, CA 94103  
(415) 554-0643

**TIMES AVAILABLE:**

12:10 – 12:55 PM  
1:10 – 1:55 PM