

National Wear Red Day

Friday, February 5th

On National Wear Red Day, Americans nationwide will wear red to show support for women's heart disease awareness. Heart disease is the number one killer of women in America.

Join the national awareness movement by wearing red on February 5th and encourage your family, friends, and coworkers to do the same!

Wear red at the fitness center on February 5th and receive a coupon for a free cardiovascular endurance test!

