

Wellness Update!



Tomorrow is National Wear Red Day!

1. Show Your Support by **Wearing Red** Tomorrow, Friday February 6.
2. Join us at **12pm outside the Sawyer Auditorium** as we take part in a **campus-wide photo**. (Our previously scheduled 2pm photo will no longer take place. We are excited to join up with the Women's Recourse Center's photo initiative at 12pm)
3. Take photos of with your coworkers wearing red and email them to SinclairSA@tsu.edu to be featured on our Wellness Website!



4. **Get educated** about Heart Disease and share this information with your friends and family. Click [HERE](#) for more information.

G Get Your Numbers

Ask your Doctor to check your blood pressure and cholesterol.

O Own Your Lifestyle

Stop smoking, lose weight, exercise, and eat healthy. It's up to YOU. No one can do it for you.

R Realize Your Risk

We think it won't happen to us, but heart disease kills one in three women.

E Educate Your Family

Make healthy food choices for you and your family. Teach your kids the importance of staying active.

D Don't Be Silent

Tell every woman you know that heart disease is their No. 1 killer.