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.

**Get Your Numbers**
Ask your Doctor to check your blood pressure and cholesterol.

**Own Your Lifestyle**
Stop smoking, lose weight, exercise, and eat healthy. It’s up to YOU. No one can do it for you.

**Realize Your Risk**
We think it won’t happen to us, but heart disease kills one in three women.

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

**Don’t Be Silent**
Tell every woman you know that heart disease is their No. 1 killer.