



For Immediate Release
Contact: Adam Bauer, Chief of Staff
Phone: 203.385.4001
February 18, 2010

Mayor Harkins Declares “Wear Red Day” To Raise Awareness About Heart Disease In Women

Stratford— Mayor John Harkins has declared February 18, 2010 “Wear Red Day” in the Town of Stratford to raise awareness about heart disease in women. The proclamation comes as part of a national effort by the American Heart Association during the month of February.

“Several years ago my wife suffered a heart attack at a very young age, and it was one of the scariest things my family has ever had to live through,” said Mayor Harkins. “Jody lived to tell about the ordeal, thankfully, but too many other women will not this year. The Health Department will be collecting voluntary contributions from Town employees today for the benefit of the American Heart Association’s ongoing efforts to prevent cardiovascular disease. It is our hope that by raising awareness, and some funds in the process, fewer women will suffer the same ordeal that Jody did.”

Heart disease is the leading cause of death in America, with 53% of these deaths occurring in women. Mayor Harkins encourages all residents to undergo routine screenings with a doctor to determine their risk for heart attack, stroke, and other cardiovascular disease. For more information about heart disease or help with prevention resources, contact the Stratford Health Department at 203.385.4058.

###