

PROCLAMATION

WHEREAS, diseases of the heart are the nation's leading cause of death and stroke is the third leading cause of death, and;

WHEREAS, cardiovascular disease claims the lives of nearly 460,000 American females each year, approximately one death per minute, and;

WHEREAS, each year, 53% of all deaths due to cardiovascular disease and 61% of all stroke deaths occur in females, and;

WHEREAS, too many women die each year because they are unaware that heart disease is their number one killer, and;

WHEREAS, in 2010, the direct and indirect cost of cardiovascular disease in the U.S., including stroke, is estimated to be 503.2 billion dollars, and;

WHEREAS, only 21% of women consider cardiovascular disease their greatest health risk, and;

WHEREAS, February is designated as American Heart Month, and;

WHEREAS, Go Red For Women® is the American Heart Association's national call to increase awareness about heart disease – the leading cause of death for women – and to inspire women to take charge of their health, and;

WHEREAS, all women should learn their own personal risk for heart disease, using tools such as the American Heart Association's Go For Red® Heart CheckUp, Go For Red For Women Better U, and by talking to their healthcare provider, and;

WHEREAS, making the right choices relating to proper nutrition, physical activity, and other healthy lifestyle choices are essential to living a heart healthy life, and;

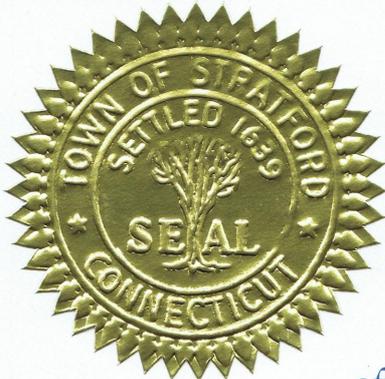
WHEREAS, by increasing awareness of cardiovascular disease, and by empowering women to reduce their risk for cardiovascular disease, and by choosing to Speak Up about cardiovascular disease, we can save thousands of lives each year using the power of our very own voices.

NOW, THEREFORE, John A. Harkins, Mayor, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Thursday, February 18th, 2010 to be

NATIONAL WEAR RED DAY

in the Town of Stratford, CT and urge all citizens to show their support for women and the fight against heart disease by the wearing of the color red.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Seal of the Town of Stratford, this 5th day of February 2010.



John A. Harkins
Mayor