PROCLAMATION

Whereas, February is designated as American Heart Month; and

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

Whereas, heart disease is the No. 1 killer of women, and more women die from cardiovascular disease than the next five leading causes of death combined, including all cancers; and

Whereas, only 13 percent of women consider cardiovascular disease their greatest health risk; and

Whereas, both women and men should learn their own personal risk for heart disease, using tools such as the American Heart Association's Go Red for Heart Health Check-Up check list and by talking to their healthcare provider; and

Whereas, Go Red for Heart Health is the American Heart Association's national movement to increase awareness about heart disease, and to inspire not only women, but all people to love their hearts and take charge of their heart health.

Now, Therefore, I, Mayor Stephen K. Pote, do hereby proclaim Friday, February 2, 2018 as:

"Wear Red Day for Heart Health"

in the Borough of Watchung, County of Somerset, State of New Jersey, and urge all citizens to make the right choices relating to proper nutrition, physical activity and other healthy lifestyle changes essential to living a heart healthy life.

Stephen K. Pote, Mayor

Date: *February 1, 2018*