



# Calendar of Events

## Wednesday, Feb. 1 - Red Dress Dash

8-9 a.m., Monument Circle

Throw on a red dress – or borrow one of ours – as we dash around Monument Circle to raise awareness about heart disease and stroke. Men and women, adults and children, are invited to participate. The first 50 participants will receive a goodie bag courtesy of the American Heart Association and St.Vincent. Free coffee and a light refreshments will be available in the Emmis Building at 8 a.m. A short program begins at 8:15, and the Dash will commence at 8:30.

## Feb. 1-6 - Macy's Red Dress Pin Sale

Purchase a red dress pin for \$3 and save 25% off selected items at Macy's. Throughout the month, Macy's will donate 10% of sales of its Red Dress Collection and Ideology Go Red Tee collection to Go Red For Women.

## Feb. 1-28 - Life Is Why We Give Promotion

McNamara Florist is joining more than 20 national retailers that will invite its online and in-store customers to make a donation in support of the American Heart Association during February. The Life Is Why We Give campaign includes Belk, Jamba Juice, Party City, Sprint, Stein Mart and Subway among many others.

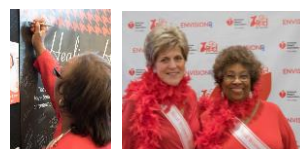
## Friday, Feb. 3 - National Wear Red Day and National Day of Giving

On National Wear Red Day, thousands of people, including employees at more than 10,000 companies across the country, will wear red to support the start of American Heart Month. This year is the 14th annual National Wear Red Day. Post a picture of yourself wearing red on Facebook or Twitter using the hashtag #IndyGoRed.

Join the National Day of Giving efforts by setting up a "Join Me" account and emailing your contacts asking them to support the life-saving mission of GO RED at [heart.org/indygoesred](http://heart.org/indygoesred).

## Saturday, Feb. 4 - CycleBar Ride Your Heart Out Events

Kickstart your exercise regimen during American Heart Month by joining of our indoor cycling events. A \$25 donation secures your spot in the ride and gets you three free rides. One hundred percent of the proceeds go to fund research and education programs to fight heart disease and stroke. Contact the CycleBar locations in Carmel and Trader's Point for times and other details.





## Calendar of Events (continued)

# 1 in 3

women in the United States die of heart disease and stroke.

That is one woman dying every 80 seconds.

### **Feb. 7-14 - Congenital Heart Defects Awareness Week**

Congenital heart defects affect nine of every 1,000 births and are one of the leading causes of death for infants less than 1 year of age. Thanks to years of research and medical advancements many congenital heart defects can be fixed.

### **Wednesday, Feb. 8 - Heart Health Night with the Indiana Pacers sponsored by St. Vincent**

5 p.m. / Bankers Life Fieldhouse

Snap a picture with the Red Dress Tour, pick up a free souvenir, and enjoy other fun activities prior to the Pacers game vs. the NBA champion Cleveland Cavaliers.

### **Thursday, Feb. 9 - Red Dress Collection**

Fashion Week in New York City kicks off with a live stream of the Red Dress Collection. Watch live at [goredforwomen.org/red-dress-collection-2016](http://goredforwomen.org/red-dress-collection-2016) as heart survivors join models on stage to walk in the show.

### **Tuesday, Feb. 14 - Heart Health Day at the Indiana Statehouse**

11:30 a.m. - 1:30 p.m. / Indiana State Capitol

Join the American Heart Association at the State Capitol to learn about issues important to heart health. In addition, we'll be providing heart-healthy cooking demos and free training in Hands-Only CPR for lawmakers.

### **Friday, Feb. 17 - Most Powerful Voices Concert**

7 p.m. / Light of the World Christian Church (4646 N. Michigan Rd.)

National gospel recording artists Vashawn Mitchell and Damita Chandler perform a free concert to raise awareness about heart disease and stroke. Free healthy cooking demonstrations and free training in Hands-Only CPR will take place prior to the concert. Doors open at 5:45.

### **Thursday, Feb. 23 - Bloomington Go Red For Women Luncheon**

10:30 a.m. - 1:30 p.m. / Bloomington Monroe County Convention Center

The annual Go Red For Women Luncheon in Bloomington includes vendor booths, Macy's cosmetic samples, a Purse-onalities silent auction, Q&A session with a panel of doctors and more. For more information, visit [heart.org/bloomingtongored](http://heart.org/bloomingtongored).

### **Friday, Feb. 24 - Go Red For Women Experience and Luncheon**

9 a.m. - 1 p.m. / JW Marriott

Over 1,000 women will converge on the JW Marriott for one of the largest Go Red For Women events in the country. Beginning at 9 a.m., guests will have the opportunity to participate in health screenings, exhibits, educational breakout sessions and a heart-healthy lunch. Tickets are available starting at \$500. For more information, call (317) 732-4700 or visit [heart.org/indygoesred](http://heart.org/indygoesred).