

Bell County
Cooperative
Extension
Service
presents:



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

American Heart Association.



Join us for National Wear Red Day to raise awareness for heart disease and stroke in women.



Hear and share testimonies, learn tips on keeping your heart healthy and recognizing symptoms, a light lunch will be provided and low impact chair yoga!

Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification