



PRESENTED BY  
**MAYOR JERRAMIAH T. HEALY**  
 AND THE **CITY OF JERSEY CITY**

# JERSEY CITY **Red** Goes for Women

## Heart Healthy Fair

Friday, February 8th | 12noon - 2pm

City Hall - 280 Grove Street

**SHOW YOUR SUPPORT. WEAR RED THIS DAY.**

- | DE-STRESS WITH A **FREE MASSAGE** |
- | LEARN A FEW **LOW-IMPACT CARDIO EXERCISES** |
- | MEET **NUTRITION** AND **HEALTH EXPERTS** |
- | **CHECK YOUR BLOOD PRESSURE** |
- | GET **FREE GIVEAWAYS** AND **BROCHURES** |
- | GET **DISCOUNTS FROM SOME OF OUR PARTNERS** OR **SAMPLE FOOD DISHES** |

### Go Red for Women

which is celebrated on February 1, 2013, encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life. To learn more about this movement, please visit [goredforwomen.org](http://goredforwomen.org)

**PROPER SHOES ARE REQUIRED FOR CARDIO EXERCISES**

