



## Promote Women's Heart Health

◇ Learn Symptoms of a Heart Attack

<https://www.goredforwomen.org/en/about-heart-disease-in-women/signs-and-symptoms-in-women/symptoms-of-a-heart-attack>

◇ Know Your Risk

<https://www.goredforwomen.org/en/know-your-risk/risk-factors>

◇ Follow your path to a healthier heart

<https://www.goredforwomen.org/en/know-your-risk/journey-to-better-health>

◇ Wear Red Canada on February 13th, 2020 #HerHeartMatters

[https://www.calendardate.com/national\\_wear\\_red\\_day\\_2020.htm](https://www.calendardate.com/national_wear_red_day_2020.htm)

◇ Get involved with local activities **World Wide** to raise awareness to fight heart disease. The No. 1 killer of women.

<https://www.world-heart-federation.org/programmes/go-red-women/the-campaign/>

Wear Red February 7 and/or Canada Feb 13.

Post a picture of yourself (or you and your colleagues) wearing red with the hashtag **#WearRedandGive & #XeroxTWA** on Facebook, Twitter or LinkedIn. You can email them to us too at [TheWomensAlliance@xerox.com](mailto:TheWomensAlliance@xerox.com).

We will feature your photos on our sites!



## February 2020

Sun	Mo	Tue	We	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

*The Women's Alliance is a Xerox recognized, independent employee group that exists to aid in achieving company diversity & inclusion objectives. TWA Communications are sent to the TWA membership distribution list as a benefit of membership. If you wish to be removed from TWA membership, please send a note to [USA.TWA.Membership@xerox.com](mailto:USA.TWA.Membership@xerox.com) with "Cancel TWA Membership" in the subject line. Upon receiving the request, it will be processed within one business month, including reconciliation of dues payment. A confirmation email note will be sent to the requestor. Note: From this point onwards, you will no longer receive official TWA communications.*