

## National Wear Red Day

February 7, 2020



**Superintendent Leak proudly supports National Wear Red Day.**

**Community Consolidated Schools District 168** joins the effort of raising awareness about heart disease during National American Heart Month. According to Superintendent Dr. Donna S. Leak, “Keeping a healthy heart is essential. Think positively, exercise daily, eat healthy, work hard, stay strong, worry less, dance more and be happy.”

Please join the movement and help raise awareness of women’s heart health by adding a pop of color to your attire today and during the month of February. For more information about heart health or to donate to the Wear Red and Give Today effort, please visit the American Heart Association website at [www.heart.org](http://www.heart.org).