

## GO RED FOR WOMEN MONTH

Empowering women to take control of their health

February 17, 2020 – February is Go Red for Women Month, the American Heart Association’s national movement to end heart disease and stroke in women.

Go Red for Women Month isn’t just about wearing red to show support for women or sharing heart health facts, it’s about women standing together and taking charge of their own heart health as well as those around them.

In conjunction with Go Red for Women Month, District Health Department #10 (DHD#10) is empowering women to understand and make healthy lifestyle choices to lessen their odds of cardiovascular disease, stroke and diabetes through a program called WISEWOMAN.

This program is available in Mecosta, Missaukee and Wexford counties and it provides free diabetes, cholesterol and blood pressure screenings to women ages 40-64, regardless of insurance status.

Call 888-217-3904, option #2 to learn more about DHD#10’s WISEWOMAN program.



### MEDIA CONTACT

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### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford

### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families of Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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