

# VA goes RED for women!

## SUPPORT HEART HEALTH

# Wear Red Feb. 2

*Take a photo of your group  
supporting heart health by  
wearing red and send to  
[megan.kucera@va.gov](mailto:megan.kucera@va.gov)*

### My To-Do List



- Exercise Today**  
MOVE! with VA at [www.move.va.gov](http://www.move.va.gov)
- Eat Fruits and Vegetables**  
Learn more at [Choosemyplate.gov](http://Choosemyplate.gov)
- Drink Less Alcohol**  
Take Anonymous Screening at  
[veterandrunkerscheckup.org](http://veterandrunkerscheckup.org)
- Quit Smoking Through VA**  
Sign up for SmokeFreeVet texts by sending  
a text to 47848 with the word VET
- Discuss Heart Health with  
My Provider**



WOMEN VETERANS HEALTH CARE *Let VA Help.*

