



HER HEART MATTERS
WEAR RED CANADA • FEB 13



**CANADIAN WOMEN'S
HEART HEALTH CENTRE**
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES

**NATIONAL
ALLIANCE
NATIONALE**

WEAR RED CANADA

MOVEMENT CHALLENGE FEB 13-28, 2026

We are welcoming anyone and everyone who would like to get active and raise awareness for **women's heart and vascular health**.



WHEN

February 13-28, 2026



WHAT

Choose your favorite physical activity and support women's heart and vascular health!

REGISTER



WHY WOMEN'S HEART AND VASCULAR HEALTH?

Heart and vascular disease is the **number one killer of women worldwide** and the leading cause of premature death in women in Canada. Globally, cardiovascular diseases affect **1 out of 3 women**, yet women everywhere are Under-studied, Under-diagnosed, Under-treated, and Under-aware. **For more information, visit WearRedCanada.ca.**