



# Red Dress Sunday



Red Dress Sunday began in February 2005 with the participation of three local churches. It has grown to include more than 130 places of worship in Maryland as well as Florida, Georgia, and Delaware. Red Dress Sunday is a collaborative effort between local African-American and Latina churches and Saint Agnes Hospital.



### Key Message:

Our hearts are not only important spiritually, but physically as well. We all need to be aware of heart disease ~ how to recognize its symptoms, how to treat it, and how to prevent it in the first place.

### Red Dress Sunday Events:



#### •Women's Symposium: December 10, 2011

Over 130 churches are invited to attend the Women's Symposium at Saint Agnes Hospital's Alagia Auditorium at 9:30 a.m. The attendees will hear from physicians from Saint Agnes' Cardiovascular Institute about the dangers of heart disease, as well as learn heart healthy tips including eating habits and managing stress. Participants will learn about the important next steps in planning their respective Red Dress Sunday event and will be asked to provide us with a Red Dress Sunday coordinator to be a main point of contact.



#### •Red Dress Sunday: February 12, 2012

Our Goal is to educate women about the risk factors of heart disease-that is, the behaviors or conditions that increase their chance of getting heart disease. Red Dress Sunday is on a selected Sunday in February ~ this year's celebration will be February 12th. Women (and men) participating in Red Dress Sunday wear red to Sunday services to bring attention to this devastating disease. On Red Dress Sunday, the congregation is educated about the risk factors of heart disease and receives health information materials on maintaining a heart healthy lifestyle. Some participants may organize health screens or speakers as part of the Red Dress Sunday service.