

goredforwomen.org.au



Jane Stephens, Tasmanian Go Red for Women Ambassador.

Join Jane

Organise a Go Red for Women community walk today and help us fight heart disease – the number one killer of Australian women.





Grab your girlfriends, mum, community members and/ or work colleagues and **Join Jane** by holding a community **Go Red for Women** walk from **1 June**.

Most Australian women don't know that heart disease is their number one killer, yet 90% of women have at least one risk factor. **Go Red for Women** is the Heart Foundation's campaign to raise awareness of heart disease in women.

Support **Go Red for Women** and all women touched by heart disease by organising your own '**Join Jane**' walk to raise vital funds for the Heart Foundation.

Join Jane

- Date:** From 1 June
- Time:** Anytime you can gather a walking group together.
- Where:** A local walking track, foot path, sporting ground or anywhere safe to walk for 30 minutes or more.
- Dress:** Comfortable clothing with appropriate footwear and a splash of red.
- Register:** www.everydayhero.com.au/event/joinjane
- Start fundraising today!

For more information about our campaign visit goredforwomen.org.au

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