

Date: 9 June 2015

Women go red for heart health

On Wednesday June 10, Warwick Farm will 'Go Red for Women' to promote heart health.

South Western Sydney Local Health District (SWSLHD), the National Heart Foundation and Warwick Farm Neighbourhood Centre will host an event to provide local women with tips to help them live a Heart Healthy Life.

Cardiovascular disease (CVD) is the leading cause of death for Australian women. Lifestyle and other factors mean that women living in south western Sydney experience higher rates of mortality due to CVD than the NSW state average.

Go Red for Women is part of the HeartSmart for Women project currently underway in Warwick Farm.

Project Coordinator Sharda Jogia said awareness was the key to improving CVD statistics for women in south west Sydney.

"We estimate 80 per cent of Australians have at least one modifiable risk factor for cardiovascular disease, such as poor nutrition, high blood pressure, physical inactivity, smoking, or high blood cholesterol," Ms Jogia said.

"Go Red for Women aims to help local women increase their understanding of these factors, while giving them an insight into the prevention and management of heart disease," she said.

Women are invited to dress in red and attend the event, where they can learn about the benefits of physical activity, healthy eating and receive encouragement to make healthy lifestyle choices.

Women attending can also participate in Bollywood dancing, gentle exercise demonstrations and be inspired by informative guest speakers from the National Heart Foundation and Get Healthy NSW.

Date: Wednesday, 10 June 2015

Time: 10.00am to 12.00pm

Venue: The Warwick Farm Neighbourhood Centre, 11 Gallop Street, Warwick Farm

RSVP: 9600 0600 (Warwick Farm Neighbourhood Centre)

Dress code: Colour me red for the day