Living Well with LIU Wears Red

Please join **Living Well with LIU** by wearing the color red on **Tuesday, February 26, 2013,** in honor of Heart Disease Awareness.

We encourage everyone to participate by wearing red to work and donating \$5 to help the American Heart Association raise awareness about cardiovascular disease. Your participation will also entitle you to wear jeans to work! Donations can be sent via inter-campus mail to: Chrissyann McGlynn, Human Resources, University Center or in person to Terry Macon, HS 301A. Checks should be made payable to the American Heart Association.

The School of Health Professions and the Athletic Training Education Program (ATEP) will conduct a "Heart Healthy Exercise" session on Wear Red Day.

When: February 26, 2013 ▲ Time: 12:00 p.m.-1:00 p.m. Where: Arnold and Marie Schwartz Gym, Upper Level

Attendance to this session will fulfill the "Participate in an Exercise Event" requirement of the Report Card Program.



Please email Chrissyann McGlynn at chrissy.mcglynn@liu.edu to register.

