

# you have the power

[www.GoRedND.com](http://www.GoRedND.com)

**1 in 3**

North Dakota  
women dies from heart  
disease or stroke

*I will not  
be one  
of them.*



Every minute, it kills  
**1** woman in the U.S.

*I will beat  
the clock.*



**#1** health threat  
to women

*I have the  
power to  
prevent it.*



It kills **10x**  
more women than  
breast cancer

*This, I can  
avoid.*



But, only  
**1 of 8**  
women knows  
the risk factors

*I'm ready  
to learn  
more.*



Heart disease and stroke are highly preventable. When you have the knowledge, you have the power.

Do it for yourself, for your mom, for your daughter. Learn more.  
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**Go Red**  
for women  
love your heart  
American Heart Association

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**DMF**  
DAKOTA MEDICAL  
FOUNDATION



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Photos by John Borge