



Big Heart: Batory "Goes Red" for Heart Awareness Month

February 2016

Batorians Wear Red in Celebration of "National Wear Red Day"

At the heart of any change is a willingness to take action. On Friday, February 5, Batory Foods team members from coast to coast donned red attire in support of the American Heart Association's "National Wear Red Day." Participants - from locations including Atlanta, Commerce, Des Plaines, Garland, Hayward, Oakley and Union City - joined thousands of businesses nationwide celebrating the event.

"We received an overwhelmingly positive response to the Go Red for Women® initiative," says Rita Ramirez, Corporate Excellence Manger. "Overall, our participation as a company was amazing. Everyone had fun raising awareness for such a worthwhile cause."

Heartbreaking Facts on Heart Disease

Heart disease is the number one killer of women in the US, claiming more lives than all forms of cancer combined. Tragically, heart disease and stroke account for 1 in 3 deaths annually, killing approximately one woman every minute. These startling statistics are the reason that, for more than 10 years, the American Heart Association has sponsored "National Wear Red Day" to raise awareness in the fight against heart disease in women.

Together We Can Make A Difference

The American Heart Association's Go Red for Women® movement works every day to fund research and fight this killer so more women's lives may be spared. But they need our help. Go Red for Women® believes that, "together we can make a difference."

How you can help fight heart disease among women:

- Wear red to support Go Red for Women®! Save the date for the next "National Wear Red Day": **Friday, February 3, 2017.**
- Make workplaces more knowledgeable of heart disease, its impact on women and how we can fight back.
- Love your hearts by being physically active, eating a heart-healthy diet and being educated about heart disease and its risk factors.
- Share this information with your friends and family. We can help end heart disease in our lifetime.

For more information, visit [Go Red for Women.®](http://GoRedforWomen.com)



Union City Office Team

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Des Plaines Office Team



Garland Office Team



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Atlanta Warehouse Team

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