



You're Invited!

UVA Club Red Heart Smart Fashion Show

February is National Heart Month. To celebrate, UVA Club Red is partnering with Belk to host our first-ever **Heart Smart Fashion Show on Sat., Feb. 21** at Belk at Fashion Square Mall in Charlottesville.

Top 5 Reasons to Join Our Heart Month Celebration

1. Get a glimpse of some of Belk's latest red fashions and accessories worn by Club Red members and volunteers.
2. Hear stories from heart attack survivors and women who've adopted a heart-healthy lifestyle.
3. Learn about the 5 signs of a heart attack in women from UVA's leading heart disease specialists.
4. Get nutrition tips, yoga instruction, a blood pressure screening and more at information stations throughout the store from 10 a.m.-2 p.m.
5. Save 20% at Belk throughout the day (some exclusions apply).

Stop by **Belk at Fashion Square Mall on Sat., Feb. 21** to support this great cause. Visit our heart health information stations from 10 a.m.-2 p.m., and stick around for the Heart Smart Fashion Show starting at 3 p.m. We look forward to seeing you!

Club Red is a free UVA Heart and Vascular Center initiative designed to help women manage their heart disease risk factors through nutrition and fitness tips and expert health advice.

To learn more or sign up, go to clubreduva.com.