



women to focus on their hearts and encourage them to get their families, friends, and communities involved; and

WHEREAS, women involved with the American Heart Association's Go Red For Women movement live healthier lives, and nearly 90 percent have made at least one healthy behavior change. Go Red For Women encourages women to take charge of their health and schedule a Well-Woman visit to learn about their health status and risk for diseases. All Americans are asked to Go Red by wearing red and speaking red; and

WHEREAS, women's health is non-negotiable, and by educating women on the symptoms of heart disease and how they can prevent it, we can reduce and ultimately eliminate women's deaths from heart disease once and for all; and

WHEREAS, it is fitting and proper that the Metropolitan Council, in acknowledgment of the importance of the ongoing fight against heart disease, hereby recognizes February 2021 as American Heart Month in Nashville and Davidson County, and urges all citizens, especially women, to know the critical importance of recognizing symptoms, taking preventative measures to live healthy, and incorporating tools and skills that will increase survival rates and save thousands of lives each year.

NOW, THEREFORE, BE IT RESOLVED BY THE COUNCIL OF THE METROPOLITAN GOVERNMENT OF NASHVILLE AND DAVIDSON COUNTY:

Section 1. That the Metropolitan Council hereby goes on record as recognizing February 2021 as American Heart Month.

Section 2. This Resolution shall take effect from and after its adoption, the welfare of The Metropolitan Government of Nashville and Davidson County.