

## **Spread the Love This Valentines Day!**

If red is the colour of love then the Heart and Stroke Foundation SA encourages you to Dress Red and spread the love this Valentines Day! Dress Red is a national fun day aimed at raising funds for the Foundation's Children's Programme, which has impacted on the lives of over 1.9 million children to date.

To be part of the fun all you need to do is purchase a Dress Red Sticker, for only R5, find yourself a funky red outfit and voila you're there! Dress Red is the perfect way to get your loved ones into a Valentines Day frenzy while at the same time supporting a worthy cause. "All funds raised from this day will go towards raising awareness of and fighting heart disease in the poorer communities, thereby aiding in raising a heart healthy nation" says Michelle Kearney, Communications Director of the HSFSA.

But wait, there's more! Send us photo's of you and your nearest and dearest sporting your Dress Red stickers and dressed in your best crazy red outfits and you could be in line to win some awesome prizes! Email your pics to [dressred@heartfoundation.co.za](mailto:dressred@heartfoundation.co.za)

Come on South Africa wear your heart on your sleeve this Valentine's Day by supporting Dress Red. It's easy, it's fun, so have a heart and play your part!

For further information on how to order your stickers call the Dress Red Hotline on Tel: 021 447 4222, e-mail [dressred@heartfoundation.co.za](mailto:dressred@heartfoundation.co.za) or visit [www.dressred.co.za](http://www.dressred.co.za)