



TOWNSHIP OF HILLSBOROUGH

379 South Branch Road
Hillsborough, NJ 08844
Phone (908) 369-4313
Fax (908) 369-6034

News Release

Contact: Mayor Doug Tomson
Phone: (908) 369-3535

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Mayor Invites Hillsborough to Participate in “National Wear Red Day” – Friday, February 7th

In keeping with the Township’s commitment to the Mayors Wellness Campaign and as part of the American Heart Association’s “February is National Heart Health Awareness Month”, Mayor Doug Tomson invited all Township employees and residents to participate in “National Wear Red Day” on Friday, February 7th.

“Let’s paint the Town Red for National Wear Red Day”, encouraged Mayor Doug Tomson at Tuesday’s Township Committee meeting.

National Wear Red Day is a movement celebrating its 10th Anniversary, raising awareness against Heart Disease in Women.

“We encourage all residents to wear red, but more importantly to be educated regarding heart health,” added Mayor Tomson.

The movement has made tremendous strides in the fight against heart disease in women. Through continued research, education and a paradigm shift to healthy lifestyles – 34% fewer women now die from heart disease, 37 % are losing weight, 43% are checking their cholesterol and over 50% are exercising. Awareness is up 23% as Americans realize that heart disease is the #1 killer of women.

More information and useful links can be found on the Township’s website under the Health Department section.

“The Mayors Wellness Campaign will be releasing a calendar of events very shortly, so be sure to check the website and e-news for more information,” concluded Mayor Tomson.
