

# MY RECORD



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## Health Plan of San Joaquin 'Go Red for Women'

Health Plan of San Joaquin staff gathered Feb. 11 in the lobby of Health Plan of San Joaquin's French Camp building for Go Red for Women in support of the American Heart Association.

Forming a heart while wearing red, each had an opportunity to remember

a loved one affected by heart disease and to celebrate changes in their own health habits to promote heart health. Then each returned to work on behalf of the almost 300,000 plan members.

Health Plan of San Joaquin is a long-time supporter of the American Heart Association

and its work in San Joaquin and Stanislaus counties.

Heart disease and stroke kill one in three women, yet it's 80 percent preventable.

Information: [hpsj.com](http://hpsj.com) or [heart.org](http://heart.org).

— *Information and photo submitted by Jill Center*