

'Wear It Red Day' - February 14th 2020



Please support cardiology and respiratory services by **'wearing something red'** on **Valentines Day** and donate £1 to raise funds for **Three Wishes – Heart and Lung Fund**. If you can't **#wearitred** why not hold a Valentines quiz at lunchtime or some other valentines themed activity?



To make your donation;

Choose the **'Wear It Red'** option' on the [charity contactless giving kiosks around WWL sites](#)

Text **'WEARITRED'** to **70470** to donate **£1**

(standard network charges apply)

Pay any cash donations straight into the General Office—but let them know it is for the **Wear It Red** day

If you would like to get more involved contact us at Threewishescharity@wwl.nhs.uk

Tag us on your social media pages or email your photos to us so we can see what everyone did!



NHS Top Tips for healthier hearts!

If you're a smoker, quit!

Get Active

Manage your weight

Eat more fibre

Cut down on saturated fat

Eat fish

Get your 5 a day

Cut down on salt

Read the food label

Drink less alcohol