

## GMH asks residents to 'Go Red' on Feb. 4

Written by Elizabeth Barrett  
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Gothenburg Memorial Hospital officials are encouraging individuals and businesses to participate in "Go Red Day" on Friday, Feb. 4, to bring about awareness of women and heart disease.

"It's a fun way to raise money," said Myra Gronewold, director of GMH's cardiac rehabilitation center. "Some businesses and organizations have costume parties and some wear jeans that day to promote awareness about women and heart disease.

"Some simply wear red."

One 50-year-old Gothenburg woman, who will be featured in February in the The Times, learned first-hand how heart attack symptoms are different for women than for men.

Participating in the nationwide campaign is easy, according to Myra Gronewold, noting that fund-raising events can be organized by co-workers at a workplace, by individuals at home or by members of an organization.

Money raised during the campaign will be given to

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