

Join the Wear Red Week Challenge

February 2 - 6, 2026

Show your support for the American Heart Association's Go Red for Women movement by wearing red to raise awareness about heart disease, the leading cause of death for women.

Participate virtually or in person—on your own or with colleagues—and enter a raffle for a chance to win well-being prizes.

How to participate:

1. Wear red between Monday, February 2 - Friday, February 6
2. Take a photo and email it to Well-Being@sfgov.org (include your name, email, and phone number for raffle entry)
3. Share the challenge with others

Submit by February 15 to be entered into the raffle.

