

Did you wear RED?

Thanks to everyone who sent you support for Go Red for Women



Padma Joshi - I went for a walk in a deserted mall on Friday, February 4th.



Sally H Watkins - I take care of my heart by avoiding stress. Stress was a major trigger for me while I worked and, thankfully, I've been able to calm down a great deal since my retirement. I also got a sweet little puppy named Mickey who has been a lifesaver for me!



Richard Morgan - I cut down on sugar intake And exercise regular usually bicycle riding



Joanne Baca Garcia - It was too cold to take a photo in the yard, so I stayed inside with the warm fire. Happy "Go Red Day"! It's about taking charge of your own heart health as well as those we care about. Stay safe everyone!



Becky Barron - I am happily retired and to take care of my heart. I try to get 10,000 steps in every day!! I use my handy Fitbit watch to track my steps. Here I am wearing my red and my watch.



Dinetta White - Move at least 30 mins a day to support your heart!



Linda Valdez Thompson and her dog Josie. Linda where is Josies red sweater!?



Irene Longacre Whiteside



Deb Sanford . Likes to take long walks to keep her heart in shape.

Stay connected with your colleagues and see what's happening at the DFW Airport. Do you have photos to share? Any questions, ideas or comments, please email dfwretireenetwork@gmail.com.