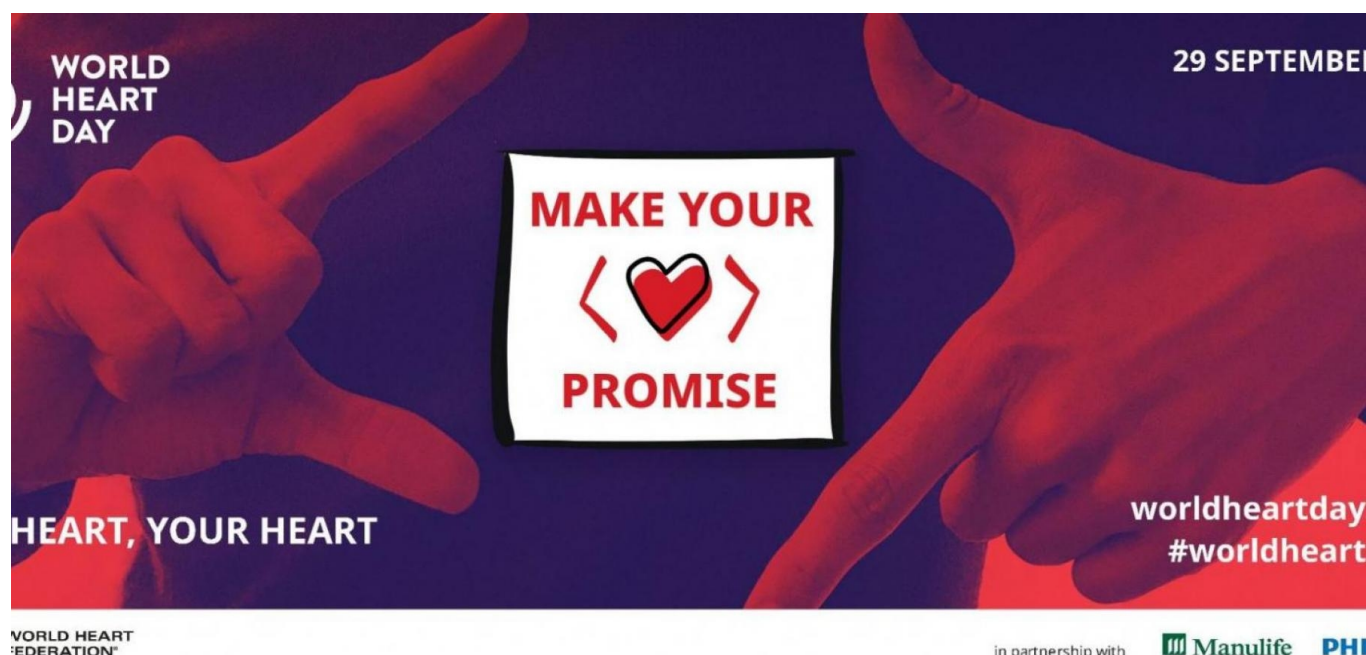


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## **'My Heart, Your Heart' - World Heart Day 2018**



This year's World Heart Federation global campaign for [World Heart Day](#) [1] (29 September) focuses on looking after our own hearts, and the hearts of our loved ones, using the slogan My Heart, Your Heart.

World Heart Day is the world's biggest platform for raising awareness about cardiovascular disease, including heart disease and stroke.

**My Heart, Your Heart.** is about saying to ourselves, the people we care about and individuals all around the world, "What can I do right now to look after my heart... and your heart?"

## Make your heart promise

The main call to action for this year's campaign is to make a promise. A promise as an individual to get more active, say no to smoking or eat more healthily ... as a healthcare professional to save more lives ... or as a politician to implement an NCD action plan.

The [World Heart Day website](#) [2] features all sorts of resources to support individuals and organisations to run Heart Day events and activities. These are available now to view and download.

You will also be able to customize two of our campaign posters online, to either download and print, or share on social media.

## Illuminating in red

In recent years more and more of the world's iconic landmarks, monuments and buildings have been lit up in red in support of World Heart Day. Please help us to make this element of the campaign an even greater success by arranging for an illumination in your region, and let us know at [worldheartday@worldheart.org](mailto:worldheartday@worldheart.org) [3].

Please visit [www.worldheartday.org](http://www.worldheartday.org) [1] to find out more and subscribe for campaign updates.

**Post Date:** Monday, 23 July, 2018

**Tags:** [world heart day](#) [4]  
[cardiovascular disease](#) [5]  
[stroke](#) [6]

**Category - News:** World Days

**Search Keywords:** World Heart Day, cardiovascular disease, stroke

**Related Resource:** [Stroke Warning Signs/Symptoms - Body Language](#) [7]

**Related Content:** [WHF launches roadmap for reducing CVD deaths through tobacco control](#) [8]

## 'My Heart, Your Heart' - World Heart Day 2018

Published on NCD Alliance (<https://ncdalliance.org>)

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Tag feed: [world heart day](#) [4]

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**Source URL:** <https://ncdalliance.org/news-events/news/my-heart-your-heart-world-heart-day-2018>

### Links

[1] <http://www.worldheartday.org>

[2] <http://worldheartday.org>

[3] <mailto:worldheartday@worldheart.org>

[4] <https://ncdalliance.org/taxonomy/term/57>

[5] <https://ncdalliance.org/taxonomy/term/292>

[6] <https://ncdalliance.org/taxonomy/term/183>

[7] <https://ncdalliance.org/resources/stroke-warning-signssymptoms-body-language>

[8] <https://ncdalliance.org/news-events/news/whf-launches-roadmap-for-reducing-cvd-deaths-through-tobacco-control>