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**NATIONAL CHARITY LEAGUE EXPANDS ALLIANCE WITH THE AMERICAN HEART ASSOCIATION’S GO RED FOR WOMEN**

*The Philanthropic Organizations Continue to Raise Awareness of Women’s Heart Disease Among All Age Groups*

**LOS ANGELES (September 12, 2018) –** [National Charity League, Inc.](http://www.nationalcharityleague.org/) (NCL), the nation’s premier mother-daughter non-profit organization, and the [American Heart Association](https://www.heart.org/) (AHA) are pleased to announce they have teamed up for another year of raising awareness of women’s heart health and self-care. The strategic alliance with [Go Red For Women](http://www.goredforwomen.org/)®, the AHA’s national movement to end heart disease and strokes in women, has continued to educate NCL’s Chapter members by providing the necessary tools and education to lead healthier lifestyles and ultimately combat heart disease. NCL has been actively dedicating time to this cause and will continue to do so throughout 2019.

Heart disease is the number one cause of death for women in America. Through their partnership, NCL and AHA educate NCL mothers and daughters about cardiovascular health and how to combat heart disease. They reinforce this education within communities through fitness, nutrition and awareness. NCL’s goal is to make positive meaningful change by helping to realize a future where this disease is no longer a threat.

“This is a partnership that is very near and dear to our hearts,” said Renee Tuzee, CEO of National Charity League. “With the American Heart Association, we aim to educate young women how to lead healthy and active lifestyles, which is the main factor in combating heart disease for generations to come. If we can provide young adults with these tools, we know that we’ve done our job.”

NCL and the AHA have engaged individual Chapters and members across the country with local efforts. Some members have participated by wearing red to meetings, posting and educating via social media, holding events with heart healthy meals, organizing fitness workshops and conducting blood pressure screenings and CPR education. Chapters across the country will continue to hold events to support the initiative within their local communities.

Through its work with AHA and Go Red for Women, NCL will also be providing the opportunity for members to be granted a $1,500 scholarship. By addressing health equity through advocacy, policy, education and social change, Ticktockers (daughters) can be eligible for this scholarship through EmPOWERED to Serve. EmPOWERED to Serve is a movement inspired by American Heart/American Stroke Association volunteers around the country who are passionate about driving change through health justice in their communities.

The American Heart Association’s mission is to build healthier lives, free of cardiovascular diseases and stroke. NCL members will dedicate their time to learning about warning signs, knowing health numbers, nutrition, exercise and stress reduction. The goal is to take this knowledge and filter it back into the community to create positive change for all women.

Saving more lives is entirely possible through education and lifestyle change. NCL’s efforts will continue to improve the state of women’s health nationwide.

**About National Charity League, Inc.**

Established in Los Angeles, California in 1925, and incorporated in 1958, National Charity League, Inc. is the nation’s premier mother-daughter non-profit organization. Currently, the membership organization has over 70,000 Members in 256 Chapters that thrive in 27 states nationwide. Having grown by nearly 70 percent in the last decade, those Members contributed nearly 1.4 million volunteer hours to more than 4,000 local philanthropy partners last year alone. For more information or for alumnae interested in reconnecting, visit [www.nationalcharityleague.org](http://www.nationalcharityleague.org) to find a Chapter in your area.

**About Go Red for Women**

In the United States, cardiovascular diseases kill approximately 1 in 3 women each year. Go Red for Women is the American Heart Association's national movement to end heart disease and stroke in women. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. Go Red for Women advocates for more research and swifter action for women's heart health. The American Heart Association's Go Red for Women movement is nationally sponsored by Macy's and CVS Health, with additional support from cause supporters. For more information, please visit [GoRedForWomen.org](http://www.goredforwomen.org/) or call 1-888-MY-HEART (1-888-694-3278).

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