

Businesses, landmarks shine lights on heart disease in Women for Wear Red Day 2025

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Photo provided

ALBANY—Nationwide, the first Friday of February is Wear Red Day, an initiative that raises awareness about heart disease, the leading cause of death among women in the United States.

Although a storm forced the cancellation of a planned "Glow Red Ceremony" on Thursday, the Capital Region will still be illuminated in red, beginning Thursday evening, increasing on Friday, Feb. 7, and continuing throughout American Heart Month in February.

In addition to the 48 buildings and landmarks that will glow red across the 518 area – including the New York State Capitol and the Empire State Plaza – individuals at local businesses will wear red and participate in educational efforts about women and cardiovascular disease. A Capital District Transportation Authority (CDTA) trolley will travel throughout the region on Friday, offering Hands-Only CPR demonstrations to businesses that have pre-registered.

"Wear Red Day is an inspiring occasion, bringing people together to raise awareness that heart disease is the leading cause of death among women," said Suzie Mookherjee, M.D., a cardiologist at Albany Medical Center, part of the Albany Med Health System, and a member of the Capital Region board of directors for the American Heart Association. "The Go Red for Women movement provides support as women's health needs evolve throughout different stages of life. By wearing red and illuminating 48 buildings and landmarks, this region is actively working to change these statistics. Every woman should schedule regular physical exams and collaborate with a healthcare provider to achieve optimal heart health. Numerous resources are available at GoRedForWomen.org to help prioritize cardiovascular well-being."

The Capital District Transportation Authority (CDTA) was among the first organizations in the Capital Region to illuminate its building red, doing so on Thursday, February 6, in recognition of Wear Red Day Eve.

"CDTA is proud to participate in this initiative and raise awareness about heart health," said CDTA Interim CEO Michael P. Collins. "Reliable transportation plays a key role in supporting healthy lifestyles—whether by facilitating access to medical appointments or encouraging physical activity through services like CDPHP Cycle! The CDTA headquarters in Albany will remain illuminated in red throughout February to further this important message."

The Go Red for Women movement, established 21 years ago by the American Heart Association, was created in response to the high prevalence of cardiovascular disease among women. Since its inception, an increasing number of women have gained awareness of their symptoms and have sought medical care for heart-related conditions.

Among these women is Erin Vickers, 38, who serves as a survivor spokesperson for the American Heart Association in the Capital Region.

"During my second pregnancy, I began experiencing dizzy spells, one of which resulted in a severe injury, and I knew something was wrong," said Erin Vickers, health equity program manager at CDPHP. "Securing the right care required persistence, but as my own advocate, I was able to receive an implantable cardioverter-defibrillator (ICD) to regulate my heart. I support Go Red because the American Heart Association is committed to health equity for all. Every woman should trust her instincts and never hesitate to seek the medical care she deserves."

Additional information about Wear Red Day is available at GoRedForWomen.org. The American Heart Association encourages individuals throughout the Capital Region to wear red on Friday, February 7, and remind the women in their lives that heart disease is their greatest health risk.

Buildings and Landmarks Glowing Red in the Capital Region for Wear Red Day 2025

- Albany Capital Center
- Albany International Airport Gateway
- Albany Medical Center
- Albany Memorial Hospital
- Alfred E. Smith State Office Building
- Ambiance Florals and Events
- BBL Companies
- Best Western Plus/Franklin Square
- Broadview Federal Credit Union, 4 Winners Circle
- Broadview Federal Credit Union, 700 Patroon Creek
- Cardiology Associates of Schenectady, Gloversville
- Cardiology Associates of Schenectady, Amsterdam
- Cardiology Associates of Schenectady, Clifton Park
- Cardiology Associates of Schenectady, Guelderland
- Cardiology Associates of Schenectady, Schenectady
- Cardiology Associates of Schenectady, Scotia
- CDTA
- Coldwell Banker, Loudonville
- Columbia Memorial Health
- Ellis Medicine
- Empire State Plaza, Albany
- Franklin Plaza
- Glens Falls Hospital
- H. Carl McCall Building, University at Albany
- Lake Avenue Elementary School/McCurdy Real Estate Group
- Miranda Real Estate Group
- MVP Arena
- New York State Education Building
- NYSUT
- Overit Media
- Pioneer Bank
- Russell Sage Administration Building, Albany
- Russell Sage College, Bush Memorial, Troy
- Samaritan Hospital
- Saratoga Hospital
- St. Mary's Healthcare
- St. Peter's Hospital
- Stretch Zone, Albany
- Stretch Zone, Clifton Park
- Stretch Zone, Colonie
- TCT Federal Credit Union, Clifton Park
- TCT Federal Credit Union, Ballston Spa
- TCT Federal Credit Union, Cambridge
- TCT Federal Credit Union, Queensbury
- The Local Pub and Teahouse
- Universal Preservation Hall
- Yankee Trails

The American Heart Association is a dedicated advocate for longer, healthier lives. Committed to equitable healthcare access, the organization has been a trusted source of heart health information for more than a century. Supported by a global network of more than 35 million volunteers, the association funds innovative research, advances public health policies, and provides critical resources to improve outcomes for those affected by cardiovascular disease and stroke. By driving scientific breakthroughs and implementing proven healthcare solutions, the American Heart Association continues to enhance heart health and save lives.



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