

Salinas Lawyer Shows Heart on National Wear Red Day

In honor of National Wear Red Day on Feb 6, Jeff Gilles, founding partner of L+G, LLP Attorneys at Law in Salinas, raised more than \$7,000 for the American Heart Association by traveling across Monterey County and making stops to collect donations all while wearing a red dress. Gilles is a longtime supporter of the American Heart Association and is passionate about building awareness throughout Monterey County to help fight heart disease in women. His final stop of the day was at Zeph's One Stop in Salinas where he treated all attendees to a glass of red wine for a small donation to support the AHA. Donations were matched for those who dared to also wear a red dress.

Heart disease remains the number one cause of death in Monterey County. Each year cardiovascular diseases cause one in three women's deaths, killing approximately one woman every minute. Go Red For Women is the American Heart Association's national movement to end heart disease and stroke in women, because it's not just a man's disease. In fact, more women than men die every year from heart disease and stroke. The good news is that 80 percent of cardiac events can 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, with additional support from cause supporters. For more information, please visit centralcoastgored.ahaevents.org or call (831) 238-8141.



1. (l to r): Chris Shake, Jeff Gilles, and JR Shake.
2. Bruce Taylor and Jeff Gilles.
3. (l to r): Paul Rovella, Jeff Gilles, Aaron Johnson, and Jason Retterer.
4. (l to r): Mike Hitchcock, David Gill, Jeff Gilles, Tom Romans.