

Bless Your Heart

An Awareness Campaign for Women About Heart Disease

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What can you do to help reduce the risk for hear disease?

Spread the word!

Increase awareness that heart disease is the leading cause of death in America

Stop smoking

Loose excess weight

Manage stress effectively

Control diabetes

Do not use recreational drugs

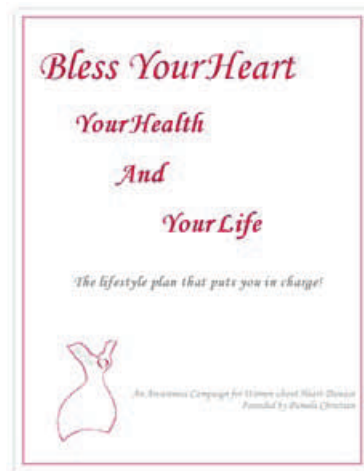
Control blood pressure

Get cholesterol levels in balance

Exercise

Eat heart healthy

This Ebook can help:



Go to the American Heart Association web site and take a free heart disease risk assessment. Click the heart below.



Learn more at

www.blessyourheartcampaign.com