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| **THE BEST WEAPONS TO PREVENT HEART DISEASE** A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It’s not as hard as you may think! Remember, it's the overall pattern of your choices that counts. **Make the simple steps below part of your life for long-term benefits to your health and your heart.** + Consistent exercise – every little bit counts!+ Manage stress in a healthy way+ Increase fruits and vegetables + Make whole grains your first choice Interested in learning more? [Click here](https://010bbd3c-7c99-4bb7-b319-8590182e29be.filesusr.com/ugd/722a5e_b77e9ca5802b4c029248fa5b6fb55312.pdf)Visit your healthcare provider for a healthy heart exam, including checking your blood pressure and cholesterol levels. Your care team can also provide support with developing and maintaining lifestyle choices that help promote a healthy heart. **Reach out today to make your appointment!** |
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