|  |  |
| --- | --- |
| A picture containing text  Description automatically generated | |
| **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!** | |
| A picture containing drawing  Description automatically generated | A close up of a sign  Description automatically generated |

­­