



Love Your Heart Fun Lunch - Be a Host

You can help save lives by hosting a Love Your Heart Fun Lunch!



**This Pot Luck Lunch is FUN . . .
It's Easy . . . It's Quick.**

- There is an easy to follow step-by-step planning guide
- All materials are provided in one simple folder
- You are the host – the video does the talking
- Easy on your schedule – it does not take a lot of time to do
- No experience needed – you don't need to be a health professional
- Only cost is making copies of the handouts
- Helping others feels great

Hosts are needed! Contact:



A Love Your Heart Fun Lunch is . . .

- Having FUN
- Sharing food and wisdom with friends, family members, co-workers, neighbors, and club members
- Enjoying heart healthy red foods
- Learning life-saving facts about heart attack symptoms and heart smart lifestyles
- Celebrating February Heart Health Month



Why it's important

- The information can save a life – (Love Your Heart HAS motivated Individuals to get a checkup and necessary treatment!)
- Gets everyone involved in learning
- Helps listeners and their families make healthy decisions