To be there for her tomorrow

Why is it critical for me to learn to take care of my heart?

• Heart disease is the #1 killer of women and men.

• A woman who has a heart attack before age 50 is twice as likely to die as a man.

• About 75,000 West Virginia women have heart disease.

The good news:
Busy women like you are participating in:

• **Fun Lunch, Love Your Heart Talks, walking groups, and more**

• **AND** making daily changes with lasting, life-saving benefits.

Join Us!

Sponsored by a grant from the Foundation for the National Institutes of Health as part of a public-private partnership with the National Heart, Lung, and Blood Institute to promote The Heart Truth®, the NHLBI’s national program for women about heart disease. Funding is provided by individuals and corporations including Home Shopping Network, Diet Coke, Belk Department Stores, and Swarovski.

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