



To be there for  
her tomorrow



Make sure YOU love  
your heart today!

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.



[fh.ext.wvu.edu/chronic-disease/heart-health](http://fh.ext.wvu.edu/chronic-disease/heart-health)

Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status.

*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!*

