

Did You Know...

Heart disease is one of the leading causes of death among Asians and Native Hawaiians and other Pacific Islanders.

**In the Healthy Heart, Healthy Family project,
you will:**

- ✓ Learn how to keep your heart and your family's hearts healthy.
- ✓ Find ways to increase your physical activity, eat in a heart healthy way, keep a healthy weight, and not smoke.
- ✓ Learn how to talk to your family, neighbors, and friends about heart disease.
- ✓ Enjoy videos, games, role playing, and other activities that make learning fun.
- ✓ Get take-home materials that you can share with others.

Classes meet once a week for 11 weeks.

Sponsored by: _____

Location: _____

Day/Time: _____

Classes begin on: _____

For more information or to register, contact: _____

An Ounce of Prevention Is Worth a Pound of Cure!

The course is free.



Everyone who completes the classes will receive a certificate.



U.S. Department of Health and Human Services
National Institutes of Health



**National Heart
Lung and Blood Institute**
People Science Health