

Meet the de la Cruz Family of Healthy Heart, Healthy Family

A Filipino American Family's Journey



This manual tells the story of the de la Cruz family's successful journey to heart health. This family has encountered a lot of challenges since moving to the United States, but the de la Cruzes have found the strength to make positive changes in their lives.

With the grandmother's—*Lola Caridad's (Idad)**— wisdom and determination, her family has achieved a healthy, well-balanced lifestyle. Lola wishes for all of her children to lead heart healthy lives. Only two of her children, Mila and Jose, and their families live close to her in the United States. Her other children still live in the Philippines, but they all visit each other and communicate often. Lola has learned from her mistakes that heart health is a gift to pass on to future generations, and she would like to share her knowledge with us as well.

Lola Idad will tell you the story of her family and show you how you can make the same journey to heart health. Although she knows the burden of heart disease can be overwhelming for a family, Lola will share practical steps that you can take to help keep your heart healthy. The sessions will help us learn from her family's example.

Respect the gift of heart health by choosing a healthy lifestyle for you and your family!

* **"Lola"** is Tagalog for grandmother. Not only the family, but also the close network of community members respectfully addresses her as Lola. **"Idad"** is the nickname for her last name, Caridad.