

Join the Fight Against Heart Disease in the Latino Community



**Participate in a Your Heart, Your Life Training Workshop for
Community Health Workers**

Learn About Heart Health

The Your Heart, Your Life training workshop will help you gain the knowledge, skills, and motivation to help you take action against heart disease.

Teach Others About Heart Health

The training workshop will also help you learn teaching methods. You will be introduced to educational materials that you can use to lead sessions about heart health in your community using the “Your Heart, Your Life” manual.

Sign up today!

The next training will be held:

Date: _____ **Time:** _____

Location: _____

To register, contact: _____

Upon completion of training, each participant 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