

# Did You Know...

**Nearly one out of four Latino deaths is due to heart disease.  
But you can do something about it!**

## **In the Your Heart, Your Life 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 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 course 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