

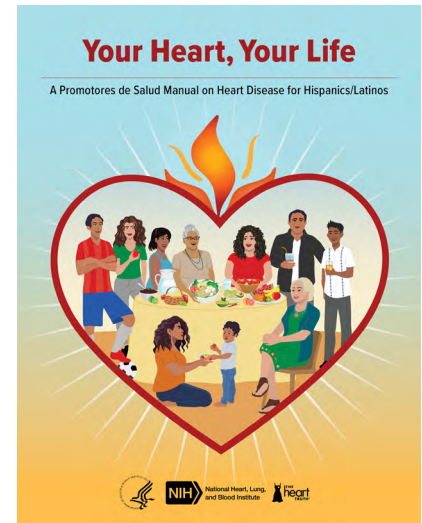
Did You Know...?

About **one out of four Hispanics/Latinos** dies of heart disease.
But you can do something about it!

Take the free course: **Your Heart, Your Life**

It's designed for you.

- ♥ Learn how to keep your own heart healthy, and help your family and friends do the same.
- ♥ Participate in games, role-playing, and other fun learning activities.
- ♥ Find out ways to be more active, eat in a heart-healthy way, keep a healthy weight, and quit smoking.
- ♥ Learn how to talk to your family, neighbors, and friends about heart disease and how to help prevent it.
- ♥ Get take-home materials you can share with others.
- ♥ Materials are in English and Spanish.



Details:

Classes meet on _____

Sponsored by _____

Location _____

Day/time _____

Classes begin on _____

For more information or to register, contact _____



The course is free!

Everyone who completes the classes will receive a certificate.