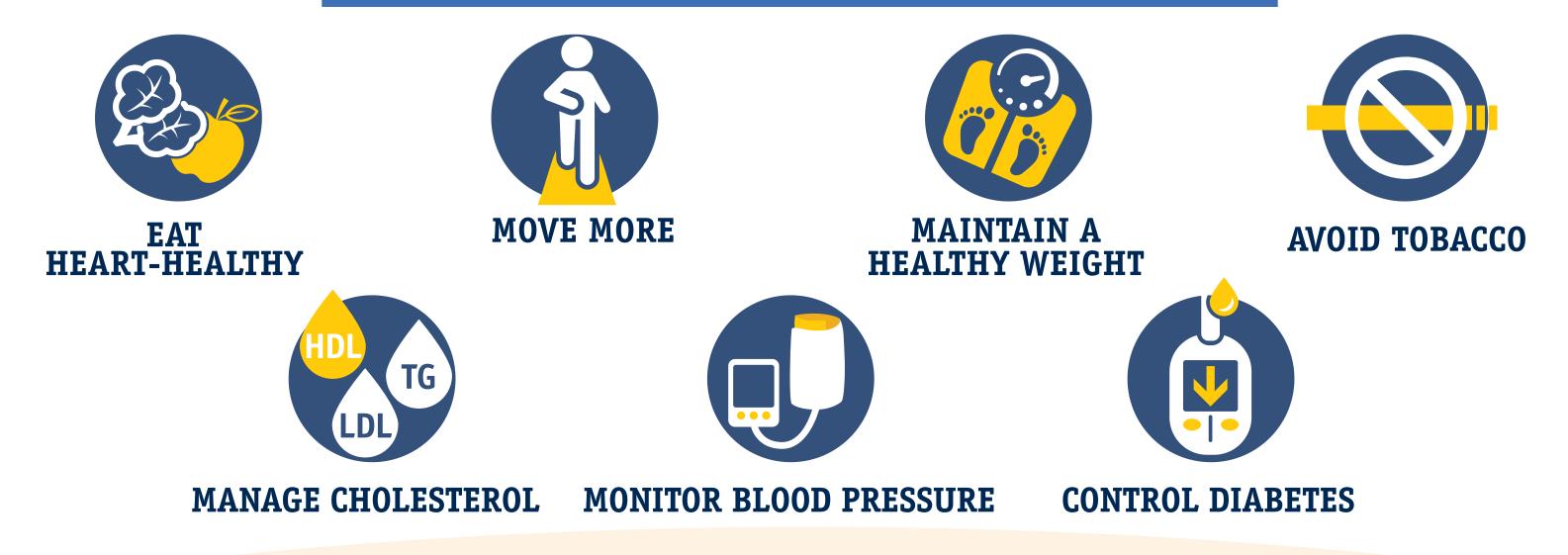
STOP HEART DISEASE BEFORE IT STARTS



Heart disease will affect 1 IN 2 ADULTS IN THE U.S. Most of the time, HEALTHY HABITS CAN PREVENT IT

WHAT YOU CAN DO: BUILDING A STRONG FOUNDATION



Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to *CardioSmart.org/Prevention* **to learn more about making healthier choices.**



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