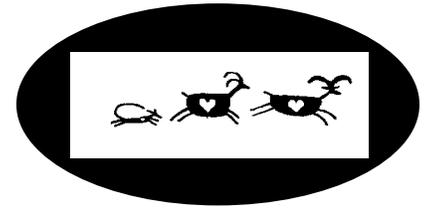


Honoring the Gift of Heart Health Classes



Mark your calendars !



Location:
Big Pine Education Center
Time: 6:30 to 8:00 pm

June 15: *Are you at risk for Heart Disease? Act in time to Heart Attack Signs. What you need to know about high blood pressure, cholesterol , salt and sodium.*

July 20: *Maintain a healthy weight. Make heart healthy eating a family affair. Eat in a heart healthy way– even when time or money is tight.*

August 17: *Be more physically active. Enjoy living smoke free.*

September 14: *What is living “ a heart healthy life”? Review.*

Honoring the Gift of Heart Health are classes that tell the story of one Native American family's journey toward heart health. The families positive outlook gives them the strength to make positive healthy changes in their lives. By following this family's changes it will show you how to choose the same journey to good heart health for you and your loved ones.

The classes offer practical tips and traditional ways for you and those around you to protect your heart. Learn from their example and be encouraged that you can do it too!

Come and learn together. BRING YOUR FAMILY

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