

February is American Heart Month...

Love Your Heart!



- ♥ **Heart Disease is the leading cause of death for both men and women in the United States**
- ♥ **About 600,000 people die of heart disease in the U.S. every year - that's 1 in every 4 deaths**
- ♥ **Every year about 715,000 Americans have a heart attack**

www.cdc.gov/heartdisease

What Can You Do?

- ♥ **Eat a Healthy Diet**
- ♥ **Exercise Regularly**
- ♥ **Maintain a Healthy Weight**
- ♥ **Don't Smoke / Quit Now**
- ♥ **Limit Alcohol Intake**

Medical Attention Can Save Your Life . . .

- ♥ **Monitor Your Blood Pressure**
- ♥ **Have Your Cholesterol Checked**
- ♥ **Manage Your Diabetes**
- ♥ **Take Your Medicine As Prescribed**
- ♥ **Talk With Your Health Care Provider**

How Can WISEWOMAN Help?

- ♥ **Free Blood Pressure, Cholesterol, and Blood Sugar Screenings**
- ♥ **Free Referrals for Follow Up Lab Work and Doctor's Appointment As Needed**
- ♥ **Free Health Coaching and Educational Programs**

WISEWOMAN services are available to 40—64 year old, uninsured women meeting low income guidelines. Please call 786-4111 ext. 8110 with questions.



Heart Health:

American Heart Association: www.heart.org

WISEWOMAN Program:

Centers for Disease Control and Prevention—WISEWOMAN: www.cdc.gov/wisewoman/

Public Health, Delta & Menominee Counties—WISEWOMAN: www.phdm.org/wisewoman.php