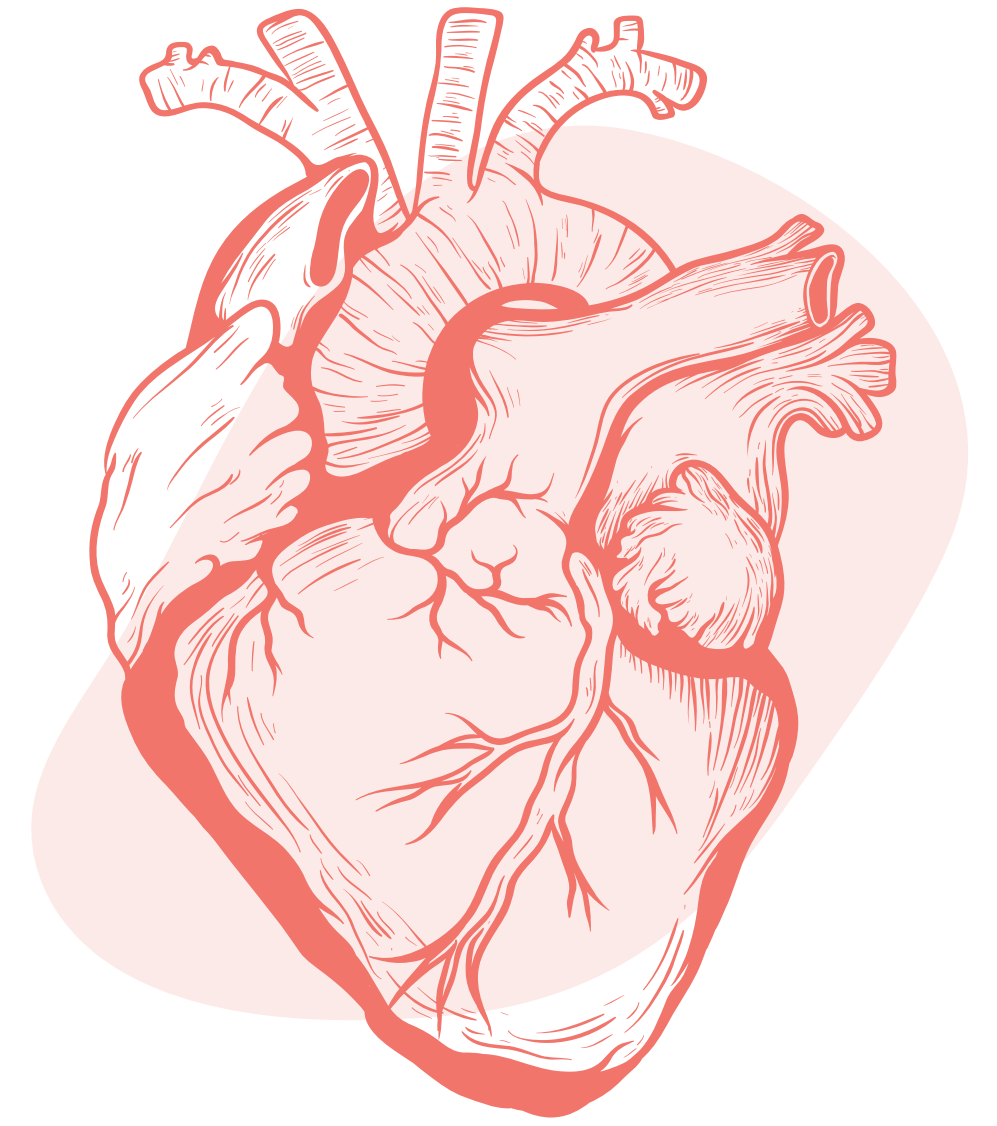




Navy Medicine Readiness and Training Command Health Promotion and Wellness



"Listen to Your Heart" Heart Health & Hypertension Class



Heart Health and Hypertension Class

Who? Designed for all patients with, or at risk of High Blood Pressure, High Cholesterol, and/or Heart Disease. Available to all Active Duty, Retirees, their family members, and DOD employees

What? Learn how to improve your cardiovascular health, and reduce your risk of disease through behavior change modification! During this FREE 2-hour class, patients are educated on the basics of cardiovascular disease & high blood pressure, modifiable risk factors, and dietary modifications,

Where? Health Promotion and Wellness BLDG. 4 (right across from the base movie theater)

When? This class is offered every other Friday from 1000-1200. Call Health Promotion and Wellness for specific class dates

Why? Heart disease claims more lives than all forms of cancer combined. Take control of your heart health today, and learn how to reduce your risk of cardiovascular disease!

FAST FACTS

- Heart Disease is the **#1 cause of death** for BOTH men and women in the United States
- High blood pressure, obesity, tobacco use, & high cholesterol levels are all **KEY** risk factors for heart disease
- **Hypertension** is the most common chronic condition amongst veterans

Call Health Promotion and
Wellness today to schedule
your FREE Heart Health Class!
910.451.3712

Navy Medicine Readiness and Training Command
Health Promotion and Wellness, BLDG. 4
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