

show her you care. love your heart.

Heart disease kills a woman every minute. Mothers. Grandmothers. Daughters. Sisters. In fact it is the leading cause of death among women.

But the good news is that heart disease can be prevented. Learn how to love your heart. Get the facts, understand the risks of heart disease and learn some simple steps you can take to strengthen your heart.

- ♥ Take the Go Red For Women Heart Checkup at GoRedForWomen.org
- ♥ Bring it to your doctor to develop a personal plan that meets your needs
- ♥ Test your knowledge about heart health by taking the University of Iowa Heart and Vascular Center heart health quiz.
<http://www.uihealthcare.com/topics/healthquizzes/heart4656.html>



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