



Your Heart, Your Life

Did you know....

**Nearly one out of four Latino deaths is due to heart disease?
But you can do something about it!**

In the *Your Heart, Your Life* Project, you will:

- ◆ Learn how to keep your heart and your family's heart healthy.
- ◆ Find ways to increase your physical activity, eat in a healthy way, keep a healthy weight, and not smoke.
- ◆ Learn to talk to family, neighbors, and friends about heart disease.
- ◆ Enjoy videos, games, role playing, and other activities that make learning fun.
- ◆ Get take-home materials you can share with others.

Classes meet once a week for 10 weeks.

The course is *free* and conducted totally in Spanish.

Location: Petaluma Valley Hospital, Groverman Hall

Day/Time: Friday's at 5:30-7:30 pm

Classes being on: May 8th, 2015

For more information or to register, contact: 707-547-4602

An ounce of Prevention Is Worth a Pound of Cure!

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Everyone who completes the course will receive a certificate.

A special thanks to:

National Heart, Lung, and Blood Institute

National Institutes of Health

Department of Health and Human Services