Illinois Department of Public Health
FAITH-BASED MILLION HEARTS INITIATIVE

- **Heart Disease** is the #1 leading cause of **death** in the United States
- **Heart disease** or stroke is responsible for 1 in every 3 deaths in Illinois
- **Every year** an estimated **785,000** Americans will have their **first** heart attack
- **Lowering your blood pressure** may **decrease** your risk of **stroke** and **heart disease** by about **50%**

**SAY NO TO PRESSURE . . .**

**Love to Love your HEART**

**SAY YES** to having your congregation . . .

Learn the risk factors for heart attack and stroke
Learn the ABCS for reducing the risk for heart attack and stroke
Learn how to be heart healthy
Participate in activities to lower risk of heart disease
Take the pledge to “**Love to Love Your Heart**”

Need more information or ready to get started? Contact:
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