



Illinois Department of Public Health

FAITH-BASED MILLION HEARTS INITIATIVE

FACTS:

- **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 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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