· 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 . . .

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:
Center for Minority Health Services, Illinois Department of Public Health,
217-785-4311  Gina.Rives@illinois.gov