

LOVE YOUR HEART, LOVE YOUR FOOD

Presented by:



- HEART DISEASE IS THE LEADING CAUSE OF DEATH IN THE UNITED STATES
- NEARLY HALF OF ALL U.S. ADULTS HAVE SOME TYPE OF CARDIOVASCULAR DISEASE
- HIGH BLOOD PRESSURE & HIGH CHOLESTEROL ARE KEY RISK FACTORS

TAKE ACTION: EAT HEALTHY FOR YOUR HEART

JOIN US TUESDAY FEBRUARY 11, 2020

5:30 PM – 7:30 PM

MALCOM X LIBRARY
(MULTIPURPOSE ROOM)

5148 MARKET ST
SAN DIEGO, CA 92114



- *Heart Health Talk*: Know your numbers
- *Heart Healthy Foods* Cooking demo and recipes
- *On-site* Blood pressure screenings

FREE EVENT

Register at: [loveyourheart-loveyourfood.eventbrite.com](https://www.eventbrite.com/loveyourheart-loveyourfood)

For information please contact:

Sonia Cervantes

Soniashealthycorner@gmail.com



LIVE WELL
SAN DIEGO

**Spanish translation services provided*