



# Cardiovascular Health

THE WAY OF THE HEART: THE PROMOTORA INSTITUTE

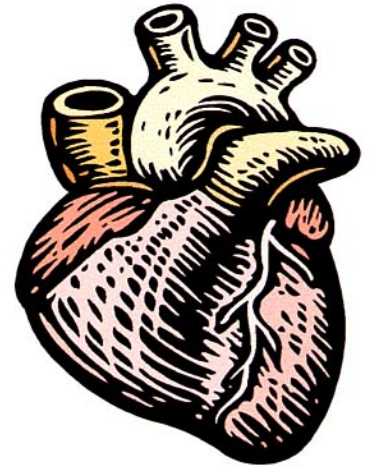
The program on cardiovascular health offers information on cardiovascular disease, the number one cause of death in the United States. Presentations teach men and women to recognize the steps needed to reduce the risk of heart attack and stroke. They include:

- a video drama produced by the National Heart, Lung, and Blood Institute that outlines important facts about heart disease and stroke;
- easy healthy cooking tips and food demonstrations;
- moderate physical activity lasting at least 30 minutes;
- a question and answer period that includes sharing ideas about how to successfully lower the risk of cardiovascular disease;
- referrals to community screening programs, a support group or other resources, if needed.

Another step to cardiovascular health is to change your lifestyle to a more healthy one. Adopting any or all of the following suggestions will help you ensure optimal health. Examples of simple lifestyle changes are:

- a diet high in fruits and vegetables, low in fat, • foods low in salt and sodium, • no smoking, • limited alcohol use,
- exercise 30 minutes a day, • regular blood pressure and blood cholesterol testing, • weight control.

**For a one-on-one or group presentation, please call promotoras de salud, Mary Balbuena or Shirley Macias.**



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