



Keeping Your Heart Healthy

Preventing disease and maintaining a healthy heart.

February is American Heart Month.

Join us over Zoom Wednesday, February 24th to learn the following:

- Your heart and how it works
- Risk factors for heart disease and how you can lower them
- How high blood pressure and high cholesterol affect your heart
- Heart healthy food swaps
- Simple and actionable tips for keeping your heart healthy

Your health is our priority. Join us on the last Wednesday of each month for our Healthy Living webinar!

Wednesday,
February 24th

7:00 PM PT

This is a free event hosted by CVMG.

Register for access to the Zoom link and reminders.

CLICK FOR ACCESS



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