

HEART HEALTH

Join us for a Webinar on February 20th at 11 AM PST

February is American Heart Month and to increase awareness Cascade is offering a free webinar. The webinar was developed by Cascade Centers trainers and counselors, and wellness coaches from Cascade's new wellness organization Cascade Health. We will provide you with information about how you can reduce coronary risk by improving your behavioral health and physical health.

Get Heart Healthy One Step at a Time

By focusing on seven key health factors and behaviors – what the American Heart Association calls Life's Simple 7™ – you can keep your heart healthy, lower your risks of heart disease and stroke, and improve your quality of life.

- Get active
- Eat better
- Lose weight/maintain healthy weight
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar
- Stop smoking

"Making positive changes in any one of these areas can make a difference in your health" said Dr. Lloyd-Jones, a volunteer with the American Heart Association. And emerging research shows the results are much more dramatic when the seven factors work together.



About the Webinar:

According to the American Heart Association, Coronary heart disease (CHD) is the leading cause of death for both men and women in the United States. Fortunately, everyone can take steps to protect their heart and their life.

This workshop will teach participants to:

- Identify risk factors
- Know why it's important to "know your numbers"
- Learn about lifestyle choices that will decrease the chance of developing coronary heart disease.
- Identify symptoms and treat coronary heart disease.

When:

February 20, 2013
11:00 AM PST

REGISTER NOW

Space is limited.

Reserve your Webinar seat now at:

<https://www2.gotomeeting.com/register/718100466>