

February is “*GO RED* for Hearts” Month

Know the Facts

- 1 in 3** The number of women's' deaths each year attributed to cardiovascular disease.
- 10X** The number of woman more likely to die of heart disease than breast cancer.
- 23%** The percentage of women that die within one year of a heart attack.

Establish Healthy Habits to Maintain a Healthy Heart

Heart Disease is the #1 Killer of Women WORLDWIDE.

Stop smoking, eat a well balanced diet low in cholesterol, sodium, and saturated fat, and make daily exercise an essential part of your daily routine to dramatically improve your heart health.



Additional information is available at:

www.cdc.gov/features/heartmonth and www.heart.org/heartorg/healthyliving

West Windsor Health Department

Serving the Communities of West Windsor, Hightstown, and Robbinsville

609-936-8400