



Throughout the Month of February

FREE

Blood Pressure Screenings

and

Cholesterol Screenings

Mon. - Fri.

8:30 AM - 4:30 PM

NATIONAL HEART AWARENESS MONTH

**According to the Center of Disease Control,
Heart Disease is the leading cause of death in the United State**

You are at higher risk of heart disease if you are:

- A woman age 55 or older
- A man age 45 or older
- Or a person with a family history of early heart disease

Heart disease can be prevented!

To keep your heart healthy:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.
- Talk to your doctor about taking aspirin every day
if you are a man over the age of 45 or a woman over 55.
- Manage stress.



A Healthy Heart is

A Happy Heart

3 Convenient Locations

Stacy McKay Health & Education Ctr. – 6450 US Hwy. 6, Portage, IN

Scottsdale Clinic – 3564 Scottsdale St., Portage, IN

Lake Station Clinic – 2490 Central Ave., Lake Station, IN