




Free Congestive Heart Failure (CHF) Education Class

Healthy Hearts 2016



Know your ABC's:

-  **A**void tobacco
-  **B**e more active
-  **C**hoose good nutrition

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:



Partnership for a healthier Grayson County

Potentially Preventable Hospitalizations

Grayson County Health Dept.
Marsha Wilson, LVN
Phone: 903 893 0131 ext. 1234
E-mail: wilsonm@co.grayson.tx.us

Contact us today for more information
and to register for one of our free
classes.

*Pre-registration is required