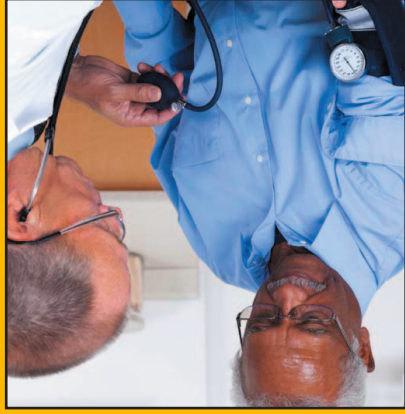




HECK HANGE ONTROL™





Shhh...Do you hear something?

No? That's because high blood pressure has no sound, signs or symptoms. But with The **American Heart Association's Check-Change-Control** program, you can take charge of your heart health and beat this silent killer.

This **FREE** 4 month program teaches you how to :

- **Check:** free tools and charts at heart360.org/AL. Your own private medical chart to keep track of your blood pressure and numbers, foods, exercises and more.
- **Change:** assisted by your health mentor who will teach you what you can do to manage your high blood pressure.
- **Control:** by understanding the risk factors and tracking your progress you can beat this **silent killer**.

Why Participate?

- **Fact, HBP IS** a risk factor leading to heart disease and stroke.
- **Alabama** has one of the highest rates of hypertension in the U.S.
- **HBP** shows no symptoms, African Americans and Hispanics are at high risk. In African Americans it is higher and even affects younger ages such as overweight pre-teens.*

**Based on a study by The American Heart Association*

Benefits of Program:

Mentor assisted - trained volunteers to help, encourage and guide participants.

- Workshops • Exercises
- Stress Reduction • Cooking Demos

Incentives are offered to participants who check their blood pressure regularly. Additional incentives are awarded to those who complete all four months. Cookbooks, pedometers, exercise bands and more.



START NOW!

Just sign up remember it's **FREE**, at:

www.heart360.org/AL

For additional information or questions about Check.Change.Control™

E-mail: monique.wilson@heart.org or call 205-510-1533

or mail to: American Heart Association

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