

Do you?

- Smoke?
- Have high blood pressure?
- Have high cholesterol?
- Have diabetes?
- Have a family history of heart disease, heart attack or stroke?

If so, you are at risk for developing **HEART DISEASE**, the #1 cause of death in the U.S.

The **ABC**'s of Heart Disease Prevention

It's as Easy as **1, 2, 3...**

Thursday June 5, 2008 - 1 pm

**Orleans Street Branch Library
1303 Orleans Street
Baltimore, MD 21231**

You will...

- Learn the ABC approach to reducing your risk factors for heart disease
- Learn to use the computer to get information to reduce your risk
- Get resources from the Health Department to access healthcare
- Get your blood pressure measured

Brought to you by:

**The Johns Hopkins Ciccarone Center for the Prevention of Heart Disease,
The Enoch Pratt Free Library, and The Baltimore City Health Department**