

Are You At Risk For Heart Disease?



The answer is **YES** if you have two or more of these risk factors:

- A man aged 44 or older or a woman aged 55 or older
- A family history of heart disease
- A history of high blood pressure or take meds for high blood pressure
- High cholesterol or take meds for high cholesterol
- Diabetes OR gestational diabetes
- Currently use tobacco products
- Are overweight or obese
- Little or no physical activity on a daily basis
- Eat a diet high in saturated fats or low in fruits/vegetables.
- Depression, anxiety or chronic stress

Learn how to decrease your risk by joining our study

Call 1-855-859-2374 ext. 83527

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