



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIND YOUR HEART

CHANGING THE HISTORY OF CORONARY ARTERY DISEASE
Thursday, April 26, at 11:15 am
YMCA Conference Room – FREE and open to the public

Bruno Cortis, MD, will help you to identify your risk factors for cardiovascular disease and learn how to prevent them. Dr. Cortis will also discuss the biology of the progression of atherosclerosis, diagnostic testing and treatment, the role of cardiac rehabilitation, pathways to physical, mental and spiritual well-being and the importance of the cardiac support group Heart Mates.

Facts about Cardiovascular Disease

In every year since 1900 cardiovascular disease accounted for more deaths than any other major cause of death in the US. Every day in the US more than 2,000 people die of cardiovascular disease - that's an average of one death every 38 seconds.



How You Can Help Your Heart

By understanding more about heart disease, you can be proactive about your health and your heart and prevent issues before they arise, treat them when they do occur, and understand how to rehabilitate after an episode.

Benefits of Minding Your Heart:

- Reduce morbidity and mortality
- Understand the role of risk factors
- Discover the spiritual heart

**A part of the NSYMCA
ADULT EDUCATION SERIES**



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