

# Heart Health: Hypertension Prevention:

## Don't Let the Silent Killer Get You!

CDC Spring Conference - Thursday, March 10, 2011; 2:00 – 2:50pm



*Co-sponsored by:*

*Men's Ministry,*

*Missionary & Christian*

*Women's Ministry,*

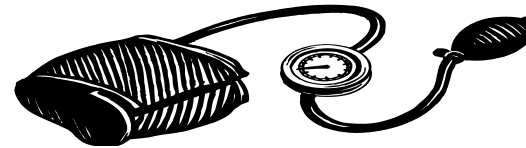
*and*

*Health Professional Ministry*

I. Causes and risk factors of heart disease and hypertension

II. Proactive Lifestyle Changes

- Blood Pressure Screening



- Annual Physical Exams
- Healthy Nutrition & Diet Choices
- Regular Exercise
- Weight Reduction
- Fitness Training