

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,

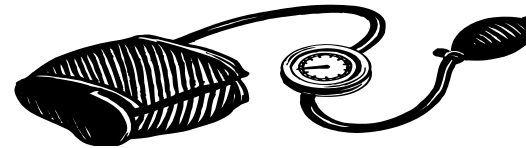
and

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