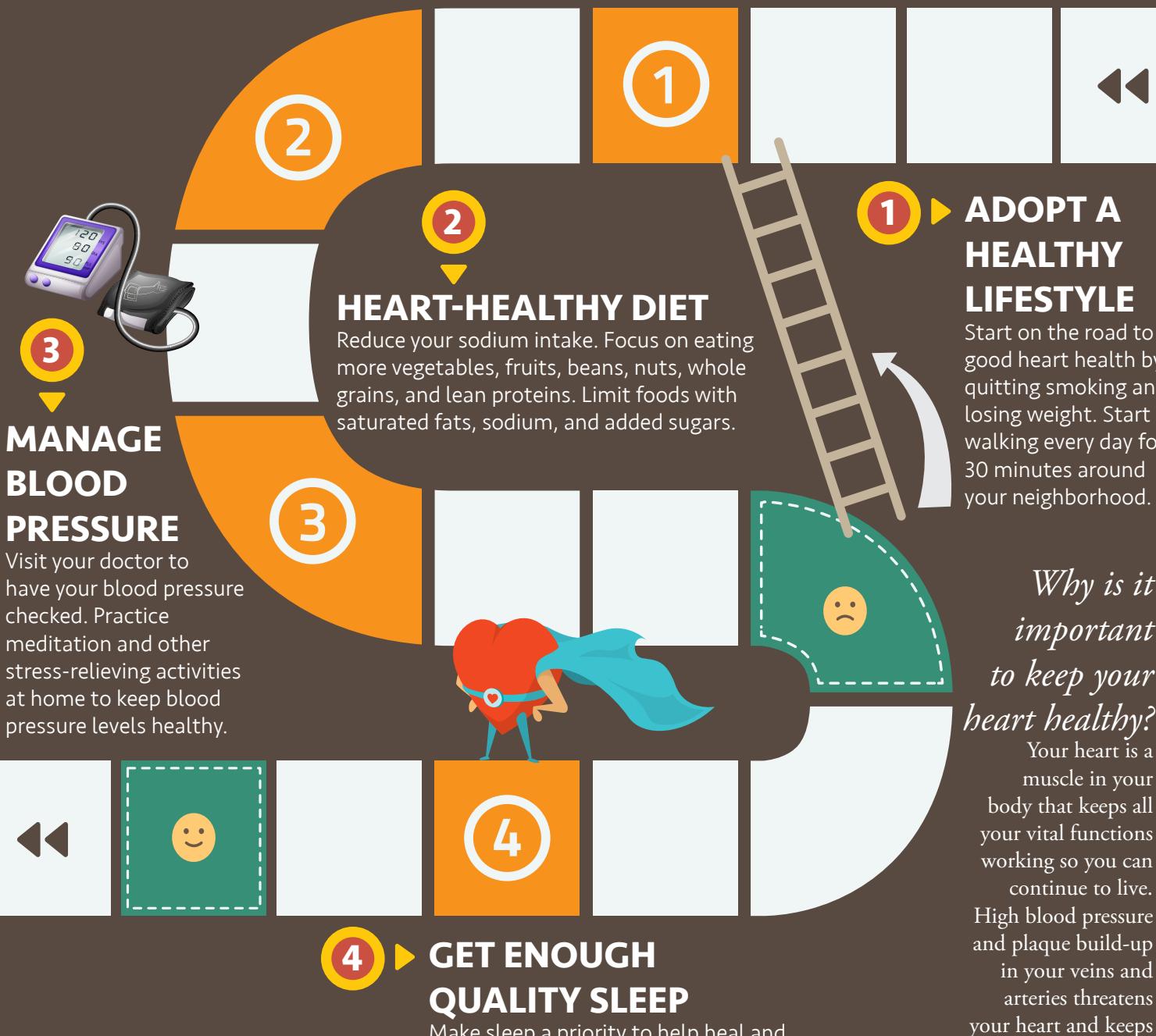


ON THE ROAD TO Better Heart Health

Take steps to reduce the risk for heart disease.



Why is it important to keep your heart healthy?

Your heart is a muscle in your body that keeps all your vital functions working so you can continue to live. High blood pressure and plaque build-up in your veins and arteries threatens your heart and keeps it from doing its job.