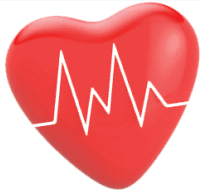


# Sunday Morning

## Health Corner



# Heart Health

Between the ages of 45 and 64, Black men have a 70% higher risk and Black women have a 50% greater risk of developing heart failure than White men and women.\*

## Let's Go Red for Heart Health!

**G: GET YOUR NUMBERS** - Ask your doctor to check your blood pressure and cholesterol

**O: OWN YOUR LIFESTYLE** - Stop smoking, lose weight, exercise, and eat healthy

**R: REALIZE** - Find out about health disease in your family

**E: EDUCATE YOUR FAMILY** - Make healthy food choices for you and your family

**D: DON'T BE SILENT** - Tell your family and friends about the risks and encourage a healthy lifestyle

\*Statistics from the American Heart Association

Continue the conversation with us on  
social media!

@thebalmgilead @hc2020



[www.balmingilead.org](http://www.balmingilead.org)

