



For Your Heart

One person dies every **36** seconds in the United States from cardiovascular disease. About **655,000** Americans die from heart disease each year—that's **1 in every 4** deaths. Simple changes, such as taking medication as prescribed, eating healthy, getting regular exercise, and quitting smoking, can make a big difference in improving your heart health.

What is Live Well for your Heart?

The Michigan Health Endowment Fund has provided funding to health partners in Wexford and Missaukee Counties to help you reduce your risk of heart disease and help you access health care services and free programs.

Simple screenings will be done using the CDC Heart Age Calculator for eligible adults to determine risk of heart disease.

For more information please contact:

Donna Norkoli at

dnorkoli@dhd10.org or 231-876-3841

Not sure you want to be part of the project but would like local resources?

Please contact us anyway!

Visit: livewell4health/live-well-for-your-heart

Why participate?

- You **can** reduce your risk for heart disease.
- Learn more about leading a healthier life.
- Get connected to services such as;
- Dental health care
- Help to quit tobacco use
- Weight management
- Physical activity resources
- Diabetes prevention classes
- Diabetes case management
- High blood pressure management

What are the requirements?

- ✓ You must be between the ages of 30 and 74 years old.
- ✓ You have never been told you have heart disease.
- ✓ You live in or receive health services in Missaukee or Wexford County
- ✓ Agree to complete the Heart Age calculator again in February – April 2022
- ✓ Agree to receive information from us over the next year (1-3 calls a year).

**Deadline to
Sign-up**

**August 31,
2021**

