



# Florida Celebrates **WORLD HEART DAY**

Let's spread the word about heart health and the fact that at least 80 percent of premature deaths from cardiovascular disease (CVD) could be avoided if four main risk factors—tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol—were controlled.

## Be proactive:

Make healthy lifestyle choices and help your loved ones do the same. Sign up for Hands-Only™ CPR, choking response and AED (Automated External Defibrillators) training.

Together, we can fight CVD—the world's number one killer.

