

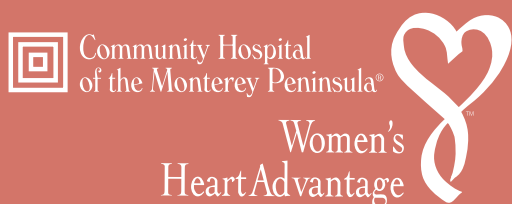
*Each year
more women
die from
heart disease
than from
cancer.*

It's time to find out if you're at risk.

Most women think cancer is their leading cause of death. They're wrong. It's heart disease. In fact, 83% of women right here in Monterey County have at least one risk factor for heart disease, like high blood pressure, high cholesterol, smoking, obesity, or a sedentary lifestyle. Our Women's Heart Advantage program is designed to help you learn about heart disease, the risks, and how to prevent it.

Talk to your doctor or call us at 831-655-LIFE (5433). Our nurses can give you more information and help you understand your personal risk for heart disease. The information could save your life.

Listen to your heart before it's too late.



831-655-LIFE (5433)
www.chomp.org