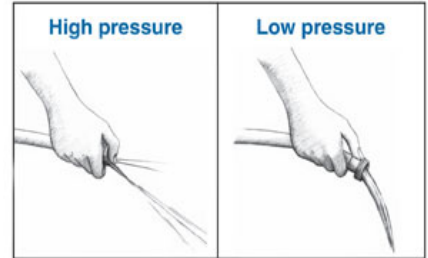




POSTER:



HOW THE HEART WORKS – RELAX AND CONTRACT



**DON'T USE
ALCOHOL OR
DRUGS**



DON'T SMOKE

EAT FRUITS AND VEGETABLES



KEEP SALT LOW

STAY AT A HEALTHY WEIGHT

