



DHD#10 INVITES YOU TO TAKE CONTROL OF YOUR HEART HEALTH

July 15, 2021 – Did you know that one person dies every **36** seconds in the United States from cardiovascular disease? 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.

The Michigan Health Endowment Fund has provided funding to help you reduce your risk of heart disease by increasing access to health care services and programs.

Taking care of your heart is essential for a long life. By participating in LiveWell, you will learn more about leading a healthier life and get connected to **free** 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

The LiveWell for Your Heart Project invites you to take control of your heart health. The deadline to register is August 31, 2021 – Don't miss out on taking control of your health!

For additional information on the project or to find out how to register please contact: Donna Norkoli at 231-876-3841 or dnorkoli@dhd10.org or visit <https://www.livewell4health.org/missaukee-wexford-county>

###



MEDIA CONTACT

Jeannine Taylor
Public Information Officer
O: 231-876-3823
C: 231-920-4998
E: jtaylor@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10