

## **GrapeVine Unit**

### **Heart Disease & Stroke: Life-Saving Learning for Women**

**FREE**

Cardiovascular conditions like heart disease and stroke kill 1 in 3 women each year, but because there are no warning signs, many women are unaware of their risk. Learning personal risk factors and making small lifestyle changes is vital for protecting your health – maybe even saving your life.

The session will cover:

- The two major cardiovascular risks for women
- Heart attack and stroke symptoms
- Disease risk factors
- How to measure BMI and waist circumference
- Normal numbers for blood pressure, cholesterol, and blood sugar
- How to establish healthy habits

Handouts on the topic and a small gift will be available for participants at the end of the session.

GrapeVine is a program of the Wisconsin Women's Health Foundation