

Heart to Heart for Women

Heart disease is the #1 killer of women in America.

Munson Medical Center will again offer the successful Heart to Heart for Women heart disease one-on-one screening event.

Screenings and tests will include blood pressure, body mass index, stress and depression levels, nutrition review, smoking and alcohol assessments, family medical history review, and a blood test for glucose, lipid profile, and cholesterol. Participants will leave with a personalized action plan including risk factor reduction materials, steps for improving heart health, and referrals for further cardiac care as needed.

Cost is \$45; Ask us about available grants (two question approval process).

To make an appointment, call (231) 935-8561. 100% of past program participants reported this program to be helpful.

Weeks of September 12 and 19

Munson Community
Health Center

550 Munson Ave.
Traverse City

Women's Exercise Class*

Tuesdays, 3:30 - 5 pm
Six-week session, \$90

For more information,
call (231) 935-8565.

**Prior attendance at a Heart to Heart for Women screening event is required.*



**One in three women
will die of heart disease.
Do you know your risk?**