

# ARE YOU HEART SMART?

Know your ABCS for a healthier heart.



## DID YOU KNOW?

♥ Heart disease and stroke are the 1<sup>st</sup> and 4<sup>th</sup> leading causes of death in Pima County<sup>1</sup>.

Be One in a Million

**PRACTICE THE ABCS**



[www.pima.gov/millionhearts](http://www.pima.gov/millionhearts)



1. (ADHS, 2011)