independence at home
A SCAN COMMUNITY SERVICE℠

presents:

Heart Health Series

Heart disease is the leading cause of death for men and women in the United States.* Did you know that stress and high blood pressure are linked to heart disease?** Learn what you can do to reduce your risk for developing heart problems. Then laugh your way to heart health. Join us for this 3-session program!

Better Your Blood Pressure
Friday, January 18 at 10:00am

Heart Health
Friday, January 25 at 10:00am

Laughter Yoga
Friday, February 1 at 10:00am

No SCAN Health Plan benefits information will be covered.
For more information on our services, contact Independence at Home at 866-421-1964.

*Center for Disease Control and Prevention (2015). *Heart Disease Facts.* Retrieved from https://www.cdc.gov/heartdisease/facts.htm
**American Heart Association (2014). *Stress and Heart Health.* Retrieved from http://www.heart.org/HEARTORG/HealthyLiving/StressManagement/HowDoesStressAffectYou/Stress-and-Heart-Health_UCM_437370_Article.jsp#.WN6APWd1pjo