

National Women Veterans United (NWWU) FEBRUARY IS HEART MONTH

MONDAY, February 15, 2021 (1:00 p.m. - 2:30 p.m)



Y  U R

Who is at risk of developing heart disease?

HEALTH

The people who are at highest risk are those who –

MATTERS!

- Smoke cigarettes
- Have moderate to high blood pressure
- Have a high cholesterol level
- Are physically inactive
- Have diabetes
- Have a family history of heart disease or stroke



Raffles!

Other factors are diet, weight, stress, gender and age.



LIVE, LAUGH & LEARN

VIRTUAL ZOOM

**JOIN NWWU, AS WE TALK
ABOUT OUR HEART WITH
GUEST HEALTH
PROFESSIONAL AND
PROVIDER**

**DR. ERIC E. WHITAKER, MD
CEO, ZING HEALTH**

Join Zoom Meeting

[https://us02web.zoom.us/j/
9099992840?](https://us02web.zoom.us/j/9099992840?pwd=TGpXMy94OHhVT1ptS2JGNGZxaUEzQT09)

[pwd=TGpXMy94OHhVT1ptS2JG
NGZxaUEzQT09](https://us02web.zoom.us/j/9099992840?pwd=TGpXMy94OHhVT1ptS2JGNGZxaUEzQT09)

Meeting ID: 909 999 2840

Passcode: 746475

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