EMBRACE OUR CAUSE

American Heart Association
Learn and Live

The American Heart Association is committed to fighting heart disease and stroke and raising awareness of these diseases. As part of our mission, we focus on specific causes designed to help people achieve a heart-healthy lifestyle. Each of our cause initiatives reaches out to the public with resources and information to help them take positive action. Register to receive valuable health information and find out how you can help.

Go Red for women | American Heart Association *Learn and Live*

Go Red For Women encourages women to reduce their risk of heart disease by assessing their risk of heart disease with the Go Red Heart CheckUp, and visiting their healthcare provider each year to control blood pressure, cholesterol and weight. Join Go Red for Women to connect with women who share a passion to prevent heart disease. By signing up you will recieve a monthly e-newsletter and red dress pin.

GoRedForWomen.org

start! | American Heart Association *Learn and Live*

Start! is our national movement that calls on all Americans and their employers to create a culture of physical activity to live longer, heart-healthier lives. Did you know that brisk walking for as little as 30 minutes a day has proven heart-health benefits? Join Start! today and be a part of the movement to get Americans walking. Along your journey, we'll help you with great tools and resources for yourself and your company — all at no cost.

heart.org/start

POWER TO END STROKE *You are the Power* | American Heart Association | American Stroke Association *Learn and Live*

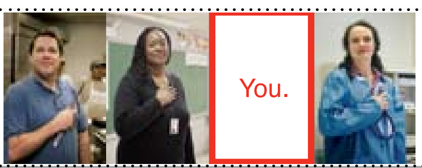
Power To End Stroke is our aggressive national education campaign to raise awareness about stroke among African Americans — while embracing and celebrating their culture, creativity and energy. It unites African Americans to help make an impact on the high incidence of stroke within the community.

StrokeAssociation.org/power

Alliance for a Healthier Generation | American Heart Association | Clinton Foundation

The Alliance for a Healthier Generation is a joint initiative of the American Heart Association and the William J. Clinton Foundation with a mission to eliminate childhood obesity and inspire young people in the United States to develop lifelong, healthy habits. The Alliance is working to positively affect the places that make a difference to a child's health - homes, schools, doctor's offices and communities.

HealthierGeneration.org



You're The Cure is our nationwide network of volunteers who seek to create healthier lives for all Americans through policy changes in their states and communities. They make their voices heard on such topics as funding for research, smoke-free air, physical education in schools and other issues that directly affect the cardiovascular health of Americans.

yourethecure.org

Support a Cause and Help Save Lives

Please sign me up to receive ongoing information about:

- ☐ Go Red For Women
- ☐ Start!
- ☐ Power To End Stroke
- ☐ Healthier Generation
- ☐ You're The Cure

Detach and mail this form to:

Cause Initiatives
American Heart Association
7272 Greenville Ave.
Dallas, TX 75231

first name ________ last name ________

e-mail ________

address ________

city ________ state ________ zip ________

phone ___-___-____ date of birth __/__/__

gender (optional) ________ ethnicity (optional) ________

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