The Heart Walk

UT SYSTEM • 2016 • LIVING WELL

LivingWell
make it a priority

THE UNIVERSITY of TEXAS SYSTEM

Love Your Heart!

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, UT System is proudly participating in American Heart Month.

Join UT System employees across the state in our first **UT System Heart Walk** on Wednesday, February 10, at 10 am, for 10 minutes!

To lower your risk for heart disease:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

For Heart Walk details, visit
www.livingwell.utsystem.edu