1 in 3 women die of heart disease and stroke each year - but they don't have to. Prevent heart disease - join WISEWOMAN today!

What is WISEWOMAN?

- Helps women reduce their risk for heart disease by testing them for high blood pressure and other health conditions and helping them learn how to live healthier.

Who can join?

- Anyone in the Women's Wellness Connection (WWC) program

** WWC provides breast and/or cervical cancer screening to eligible women who are:*

- *40-64 years old*
- *Lawfully present in the United States*
- *Do not have insurance or cannot afford their deductible or copay*
- *Meet the income guidelines*

What can WISEWOMAN do for you?

Test these risk factors for FREE

- Blood pressure
- Cholesterol
- Blood sugar (for diabetes)

Help you take control of your health by learning simple ways to make heart healthy choices.

Learn how to:

- choose healthier food
- move more every day
- quit smoking
- manage stress

Ready to join?

Contact a WWC/WISEWOMAN clinic in your neighborhood.

The creation of this material was made possible by cooperative agreement DP13-1302 from the Centers for Disease Control and Prevention/Division for Heart Disease and Stroke Prevention/ WISEWOMAN Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.