

Dear Support Group Coordinators,

We are reaching out to share valuable resources that can assist your support groups in promoting heart disease prevention among members and the community.

Available Resources:

- **Heart Health Workshops:** Interactive sessions covering diet, exercise, and lifestyle changes.
- **Printable Resources:** Flyers and brochures on heart health facts and tips.
- **Online Webinars:** Access to expert talks about risk factors and prevention strategies.
- **Support Networks:** Information on local groups and national organizations dedicated to heart health.

Requesting Resources:

If you are interested in receiving these resources or would like to schedule a workshop, please contact us at info@hearthealth.org.

Thank you!

Your commitment to supporting individuals in preventing heart disease is invaluable. Together, we can make a difference.

Sincerely,
Your Heart Health Team