



Women's Guide to a Healthy Heart

LED BY WELLNESS JOURNEYS

Heart disease is the #1 health risk for women.

Learn how everyday choices can support your heart health now and into the future.

IN THIS WORKSHOP, YOU WILL LEARN:



Heart symptoms women often overlook



How stress, hormones & lifestyle affect heart health



Simple daily habits to support a healthy heart



Practical strategies for nutrition, movement & stress management

OCTOBER 6TH OR OCTOBER 14TH
12-1PM ZOOM

BOCC Employees: This YourChoice workshop can earn points in **Manatee Thrives/Physical Pillar**.

SCAN ME

