

A Message Straight from the Heart

Heart disease is the #1 killer of men and women in the U.S., and GABC wants to help change that. That's why we've joined the American Heart Association's Heart Month celebration and posted links on GABCHealth.org to lead you to info about preventing heart disease. Log on during February to find out:

- Ways to eat out healthy, and good-for-you recipes to try at home
- How smoking impacts cardiovascular disease, and resources for quitting
- Guidelines for caloric intake based on gender, age, and lifestyle
- The importance of physical activity to heart health, and exercise programs for adults and children



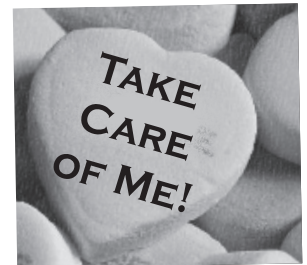
Get the right information right now, and keep the healthy talk going all year long.

Graphic Arts Benefit Corporation (GABC) • 800-469-1673 / FAX: 301-474-3197

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