

World Heart Day

26 September 2010

I Work with Heart



10 years after the first World Heart Day in September 2000, the World Heart Federation and its members are celebrating the progress made in heart health. Whilst the focus of this year's campaign is on Workplace Wellness, therefore providing a rationale for employers to create healthy working environments, we also call on each of you to take responsibility for your own heart. We have identified 10 simple steps which encourage physical activity, saying no to tobacco and eating healthily. Start by taking one and say "I Work with Heart". Find out how you can get involved in World Heart Day activities or learn more heart-healthy tips: www.worldheartday.org

Financially supported by:



WORLD HEART FEDERATION®
UNITING GLOBAL EFFORTS TO FIGHT HEART DISEASE AND STROKE

Co-sponsored by:

