



# HEART HEALTH FOR WOMEN: A FREE COMMUNITY WORKSHOP

A COMMUNITY - ACADEMIC PARTNERSHIP

## 💖 Want to take better care of your heart?

You are invited to a **FREE 45-minute educational class** designed for the community.

🫀 In this session, you will learn:

- What cardiovascular (heart) health is and why it matters.
- Common risk factors such as ❤️ blood pressure, 🏃 lifestyle, and 👨‍👩‍👧 family history.
- **Simple, practical steps you can take to protect your heart.**

This class is led by researchers from the **Wen School of Public Health at the University of California, Irvine (UCI)** in partnership 🤝 with **GREEN-MPNA**, with the goal of sharing **clear, trustworthy, evidence-based health information** with our community.

### 📅 What to expect:

- A 45-minute educational class with practical information
  - Optional opportunities to share feedback
  - Participation is voluntary and confidential

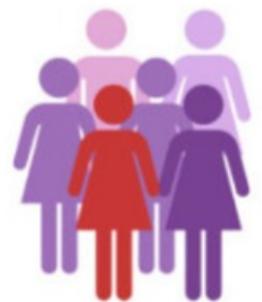


📍 **Format:** Online (Zoom)

🗣️ **Language:** English and Spanish

📅 **Dates:** 2/12/26 and 2/26/26

🕒 **Time:** 4-5PM



### 👉 How to register

📱 Scan the QR code to sign up and receive class updates.

💬 **Your participation helps improve heart health in our community.**

Feel free to share with family & friends ❤️



*This class is educational only and does not replace medical advice.*