

You can learn how to **control the risk factors**
for **heart disease** and keep your **heart strong.**

Research shows that structured prevention programs can dramatically reduce the risk of heart disease.

Now, there is one available in your neighborhood.



 **LifeChoice**

LifeChoice is covered by many insurance plans if you suffer from:

- Arrhythmia
- High blood pressure (Hypertension)
- Chest pain
- Obesity
- Diabetes
- Atherosclerosis
- Heart attack (Myocardial Infarction)

This 8-session prevention program for women is designed to put you in control of your heart health.

Utilizing current research in cardiac medicine and health psychology, LifeChoice will provide you with clear, practical and realistic methods to keep both — you and your family — healthy for life.

Over 8 sessions, you will gain the knowledge and skills to:

- Understand heart health
- Control your blood pressure
- Eat healthy
- Become more physically active
- Manage stress
- Cope with difficult situations and people



אתר לאורך כל הדרך

**CENTER FOR APPLIED
PSYCHOLOGY (CAPs)**
AT BIKUR CHOLIM

PARTNERS IN WELLNESS

For more info and to register, call

**The Center for
Applied Psychology**

at Bikur Cholim-Partners in Health

845.425.5252, ext 525