



Sporn

Happy Birthday

July 2021

Thanks for letting us  
help you celebrate.



Charles,



Here's to  
celebrating  
your big day!

Fondly,  
Shirley



The American Heart Association advances groundbreaking research, spreads lifesaving knowledge and reaches out to people of all ages. We're fighting heart disease and stroke in your community to ensure healthier, longer lives for you and your loved ones.

*The sender of this card supports our work.*

Know your blood pressure. If it's high (140/90mm Hg or above), you're at risk of heart disease, stroke and other serious medical problems. Have a doctor check your blood pressure regularly, take your medication as prescribed, and take these steps to keep your blood pressure at a healthy level:

- **Get moving.** At least 30 minutes of moderate-intensity physical activity on most days of the week can help lower blood pressure.
- **Eat healthy.** Reduce the amount of salt you eat. Eat more fruits, vegetables and fat-free and low-fat dairy products.
- **Maintain a healthy weight.** Excess weight may raise your blood pressure.
- **Follow your healthcare provider's advice exactly,** especially regarding medicine.



**American  
Heart  
Association®**

life is why™

To learn more, contact the American Heart Association at 1-800-AHA-USA1 (1-800-242-8721)  
or [www.heart.org/cause](http://www.heart.org/cause).

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