Celebrate National Heart Failure Awareness week at the Healthy Heart Fair! Join us for a morning of health education and interaction. Learn how you and your loved ones can help prevent and manage heart disease.

Professionals will be on hand to share information on the following table topics:

- **Blood Pressure Checks and Education**
  BP checks and information from the American Heart Association on how to detect and prevent hypertension.

- **Cholesterol Education Table**
  Learn about cholesterol as a risk factor for heart disease, and ways to better manage.

- **Diabetes Prevention**
  The American Heart Association considers diabetes to be one of the seven major controllable risk factors for heart disease. Learn how to avoid or better manage this condition.

- **Heart Failure Awareness**
  Are you at risk for Heart Failure? Take control and find out what you can do about it.

- **Heart Healthy Nutrition**
  What is a heart healthy diet? The American Heart Association helps you make healthier food choices.

- **Living Fit Forever – Exercise and Activity**
  Get moving and keep moving! Join Janelle Scott from Living Fit Forever to find out how staying fit and active prevents heart disease.

- **Quit Tobacco Tips**
  Successful tips on smoking cessation.

- **Heart Transplant and Sierra Donor Service**
  Talk to local resources on heart transplants and donations.

- **Substance Abuse and Mental Health**
  Find out how substance abuse affects heart health. Get resources on addiction and effective recovery.

**WHEN:** Saturday, February 8, 2020
10 a.m. – 1 p.m.

**WHERE:** UC Davis Health - Betty Irene Moore School of Nursing
(Covered breezeway/patio entrance area)
2570 48th St. - Sacramento

https://ces.ucdavis.edu/healthyheart • Questions? events@ucdavis.edu