



Did you know...

Heart disease is the number one killer in Mississippi.



The WITH EVERY HEART BEAT IS LIFE

project will help you!



Merit Health has teamed up with the Canton Library to bring you this free 11-week heart-health course taught by Shelia Spann Pharmacist and Diabetes Educator. The course begins June 3.



- Learn how to keep your heart and your families heart healthy through games, role-playing and other activities that make learning fun.
- Find ways to increase your physical activity, eat a heart healthy way, keep a healthy weight, and not smoke.
- Learn how to talk to your family, neighbors, and friends about heart disease.
- Understand and connect to heart healthy practices through cultural activities.
- Get take home materials you can share with others.

Class time: Thursdays at the Canton Library from 10-11:30 am starting June 3

Sign up! Fill out this form and return it to the front desk.

Name: _____

Email address: _____

Phone number: _____