
World Heart Day 2016: Power your life!

Idioma Inglés

World Heart Day takes place on 29 September every year and is a chance for people across the globe to take part in the world's biggest intervention against cardiovascular disease (CVD).

This year, the campaign focuses on understanding what we can do to fuel our hearts and power our lives.

Just a few simple steps such as eating more healthily, cutting down on alcohol and stopping smoking can improve our heart health and overall well-being.

There are many ways to get involved. The 2016 campaign materials are now available on World Heart Day website! Click in the link below to download them. And keep posting your Healthy Heart Selfies!

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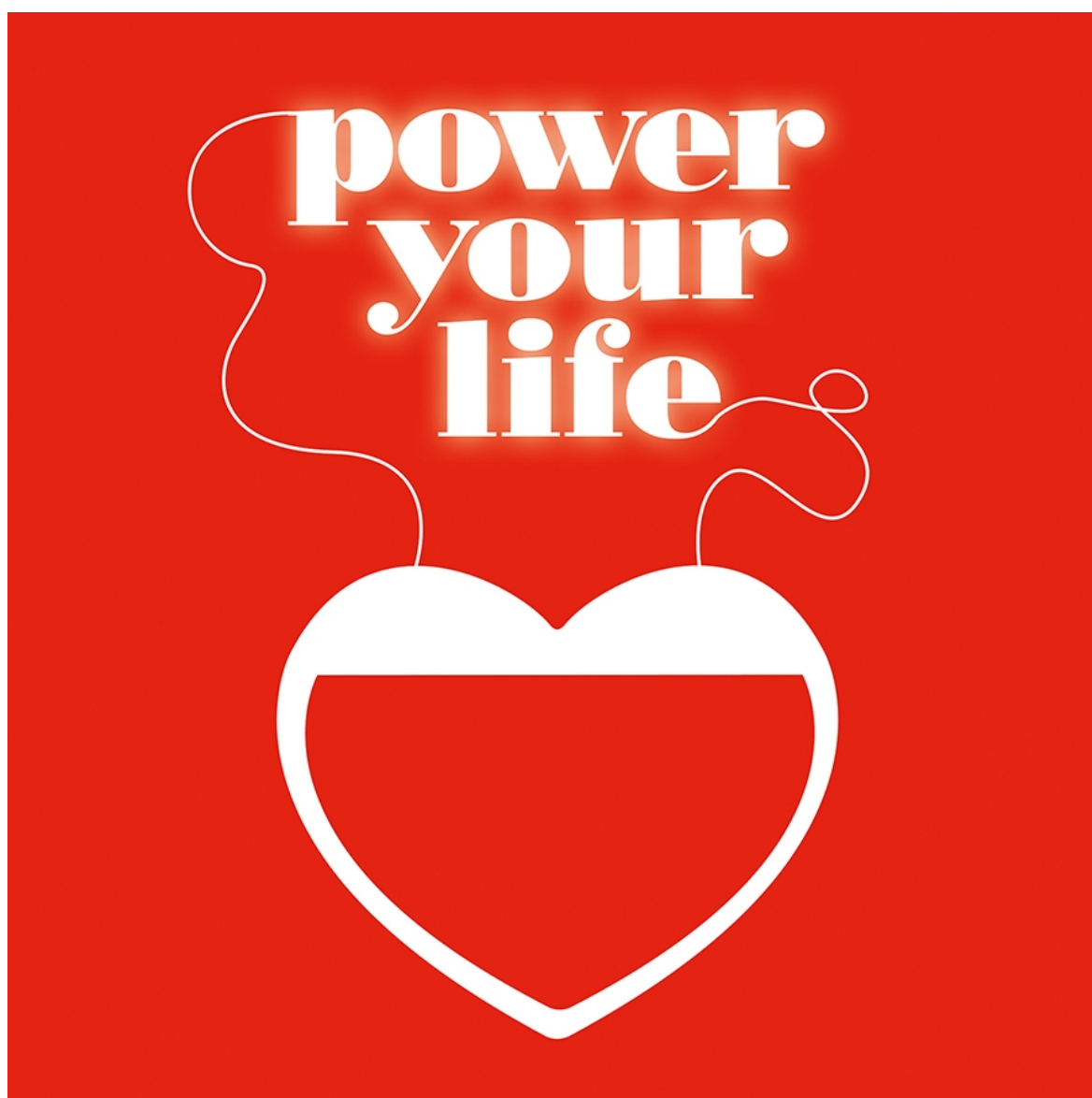
 [WCC2016 CVDs infographic-2.pdf](#) [1]

Category - News: World Days

Related Link: [World Heart Day 2016 Website](#) [2]

[World Heart Day 2016 - Campaign Resources](#) [3]

Teaser Image:



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Enlaces

[1] <https://old.ncdalliance.org/sites/default/files/WCC2016%20CVDs%20infographic-2.pdf>

[2] <http://worldheartday.org>

[3] <http://worldheartday.org/resources/>