

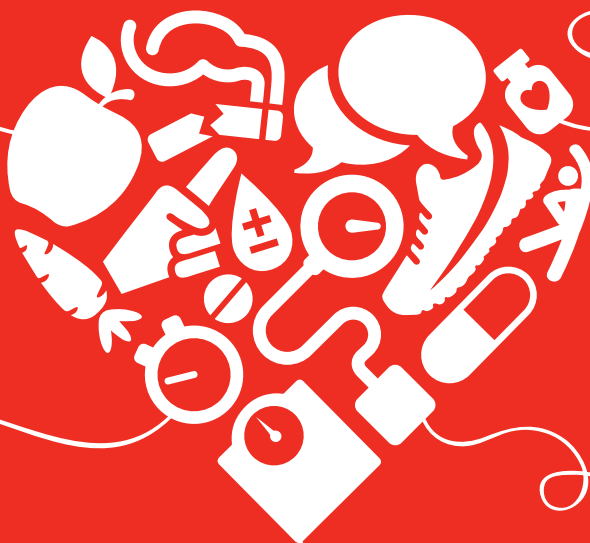


# World Heart Day

AT THE HEART OF HEALTH

Facebook: worldheartday  
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# share the power



**fuel**   
**your heart**

Eating and drinking well gives your heart the fuel it needs for you to live your life

**move**   
**your heart**

Staying active can help you reduce your risk of heart disease and feel great

**love**   
**your heart**

Stopping smoking is the single best thing you can do to improve your heart health

## 29 September 2017

Small changes can make a powerful difference.  
On World Heart Day, share how you power your heart and inspire millions of people around the world to be heart healthy.

[worldheartday.org](http://worldheartday.org)  
**#worldheartday**