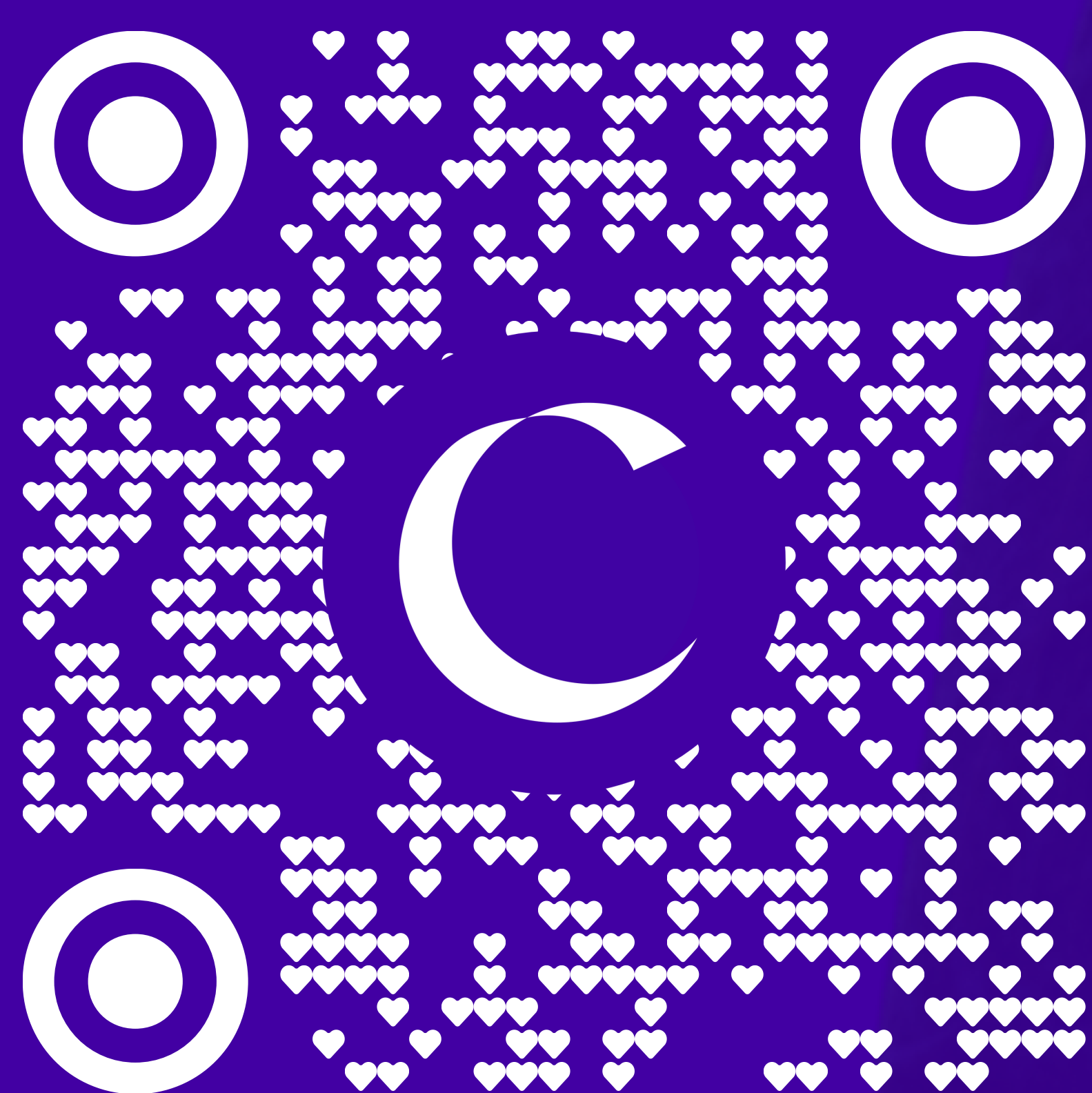


Cardiovascular disease is largely avoidable:
eliminating health risk behaviours would prevent at least

80% of cardiovascular diseases¹



**Your heart doesn't wait.
Neither should you.**

Scan this QR code to learn more about cardiovascular diseases.

1. The European Society of Cardiology. Heart Disease. Healthy-Heart.org. <https://www.healthy-heart.org/your-heart/what-is-heart-disease/>. Accessed 23 September 2026