

A close-up photograph of two hands, one from the left and one from the right, with fingers curled to form a heart shape. The hands are positioned against a solid red background. A semi-transparent red heart is overlaid on the center of the hands, containing white text.

**TODAY, I WILL:**

**EAT** a heart healthy diet.

**TAKE** my blood pressure medication as prescribed.



**Million Hearts**  
Team Up. Pressure Down.

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**<http://millionhearts.hhs.gov>**

