

Dear

On Mother's Day, I have a wish. I ask that you continue to take care of your heart! Your heart is very important to me! Together, I hope we can:

1. Get outside more often and exercise
2. Eat more fruits and vegetables
3. Learn our heart healthy numbers ...and,
4. Get regular check ups.

Please promise me that you will be around for a long, long time and take a few minutes to check your heart at...

<http://www.goredforwomen.com/>

See the back of this card...this is how much I love you!

Love,



Dear

On Mother's Day, I have a wish. I ask that you continue to take care of your heart! Your heart is very important to me! Together, I hope we can:

5. Get outside more often and exercise
6. Eat more fruits and vegetables
7. Learn our heart healthy numbers ...and,
8. Get regular check ups.

Please promise me that you will be around for a long, long time and take a few minutes to check your heart at...

<http://www.goredforwomen.com/>

See the back of this card...this is how much I love you!

Love,





Drawing us closer...



Drawing us closer...