



SOMEONE LOVES YOUR WONDERFUL HEART!

Cheers to Your Good Health!

Red wine contains resveratrol, an antioxidant that may help reduce bad cholesterol and prevent blood clots. Remember to enjoy in moderation only—for women that means 5 fl. oz. of wine per day.

For a romantic evening, enjoy sipping a glass with the one you love.



Find a doctor who can help you take better care of your heart.

Call 1-800-SCRIPPS or visit Scripps.org/myheart

