

World Heart Day

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

The U.S. economy loses billions of dollars each year because of chronic diseases like heart disease and stroke. Workplace wellness programs can help. Studies show that simple steps like encouraging physical activity and providing healthy food choices at work sites can improve employee health and significantly reduce health care costs.

September 27 is World Heart Day. To learn more about what heart-healthy steps you can take in the workplace, visit www.worldheart.org.

A message from CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.