



For the sake
of your heart—
it's time to
START!

When it comes to taking care of your heart, Bakersfield Memorial Hospital and the American Heart Association have one word for you: **Start!**

Start! is a national campaign from the American Heart Association that encourages us to live longer, stronger, heart-healthy lives by promoting a culture of physical activity and health.

For more information and ideas to get you started, visit americanheart.org/start.



Bakersfield Memorial Hospital

A member of CHW

bakersfieldmemorial.org



American Heart Association
Learn and Live.



Bakersfield Memorial Hospital is a proud supporter of the American Heart Association and the Go Red for Women program.