



**you're** the **cure**

As an American Heart Association/American Stroke Association advocate and your constituent, I want to share with you why I joined the fight against heart disease and stroke and how you can, too. My story is just one of many, and I hope that you'll use your office to help your constituents live healthy, active lives, free of these diseases.

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***Share your story!***

I know it's not easy to be in Congress right now. It's a challenging time for our nation as we struggle to improve healthcare quality and access, while simultaneously controlling costs. But I want you to know that the American Heart Association is the oldest, largest voluntary health organization and that you can trust it to provide valuable information on fighting these devastating diseases, and you can trust its advocates, like me, to be your steadfast allies in the fight as you consider key federal issues such as school nutrition standards and heart disease research funding.

Will you join us?

You can learn more about cardiovascular disease (CVD) and find out how you can lead a heart-healthy life by visiting our website, [yourethecure.org](http://yourethecure.org). I also encourage you to explore AHA's positions on health-related policies at [heart.org/advocacy](http://heart.org/advocacy). I also hope you will join the Congressional Heart and Stroke Coalition. This bipartisan, bicameral group works to raise awareness about the prevalence and severity of CVD, and serves as a resource on heart and stroke issues, including: research, quality and availability of care, health promotion and disease prevention.

The American Heart Association has a long history of working with Congress to help the millions of Americans battling heart disease and stroke. Together, we have changed, extended and saved lives by advancing meaningful health policies. We've made a real difference and I know we will continue to make even greater progress. Why? Your support is why.

Thank you for all you do as my representative in Congress. I urge you to make healthy heart and stroke policies a priority during your time in office.

Sincerely,

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Name

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Address, State, City, Zip

*"Building healthier lives,  
free of cardiovascular  
diseases and stroke."*

**life** is why™ es por **la vida**™ 全为**生命**™