



# JOAN BALLWEG

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41<sup>ST</sup> ASSEMBLY DISTRICT

FOR IMMEDIATE RELEASE  
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## Assembly Passes Resolution Recognizing February as American Heart Month

**Madison...** Representative Joan Ballweg (R-Markesan) authored a resolution to recognize and continue to bring awareness to heart disease and stroke by declaring February American Heart Month in Wisconsin. The measure passed the Assembly unanimously.

“Most people know someone who has struggled with cardiovascular disease,” said Ballweg. “Hopefully by continuing to bring attention to this issue, more people will take the steps to reduce their risk.”

Cardiovascular disease is the leading cause of death in women and takes over 800,000 lives in the U.S. each year. Nearly 80% of cases are preventable, and women in particular are encouraged to know their family history and their five heart health numbers (blood pressure, body mass index, blood sugar level, total cholesterol level and HDL cholesterol level). The American Heart Association also recommends being active, reducing your sodium intake and establishing regular wellness exams with your doctor. To view a copy of the resolution visit, <https://docs.legis.wisconsin.gov/2019/related/proposals/ajr3.pdf>.

Follow the 41<sup>st</sup> Assembly District by liking the Wisconsin State Representative Joan Ballweg Facebook page ([www.facebook.com/WIRepBallweg](http://www.facebook.com/WIRepBallweg)).

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