




## Cardiovascular Health Promotion and Disease Prevention Program

**Lower your risk  
of heart problems,  
especially if you  
have a family history  
of heart disease.**

**You trust us with your  
Heart Health.**

*Now, you can help your family  
member take the road to a healthy  
heart by staying one step ahead  
of Heart Disease*

**Our Cardiovascular Health  
Promotion and Disease Prevention  
Program (CHPDP) is designed to  
promote cardiovascular health  
through diet, lifestyle changes,  
medical management, and other  
interventions.**



**Request an  
appointment  
or refer a patient  
to The CHPDP  
Program at  
914.909.6922**



**Visit  
[WMCHealthaps.com/heart](http://WMCHealthaps.com/heart)  
to learn more**



Cardiovascular Health Promotion  
and Disease Prevention Program  
**Heart & Vascular  
Institute**

Westchester Medical Center Health Network