



Svjetski dan srca 27. rujna 2009. godine.

[www.world-heart-federation.org](http://www.world-heart-federation.org)

[www.kardio.hr](http://www.kardio.hr)

World Heart Day 27 September 2009



Most of us spend more than half our waking hours at work. A workplace that encourages healthy habits can reduce the risk of heart disease and stroke — the world's leading cause of death. Saying no to tobacco, eating a healthy diet and being physically active are important steps towards greater productivity and longer life. Find out what works for you. Develop your own plan to work with heart at

[www.worldheartday.org](http://www.worldheartday.org)



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