


listen to her heart

Did you know that not everyone has a healthy heart? It is important to act when someone's heart is not feeling right. Speaking up when something is wrong can be hard, even for an adult! Encourage your mom or another important woman in your life to listen to their hearts: they know their bodies best.



Draw a simple cartoon showing your mom, aunt, grandmother or woman you love telling their doctor something feels wrong with her heart, and the doctor showing concern and asking questions.