

SELFIE POSTER

Print on 8.5x11 paper and cut out along the dotted lines. Attach to a stick or just simply hold it and take a selfie! Use the hashtag #ListenToYourHeart and show your support for National Heart Valve Awareness Day!

I
Listened
to my heart

and it saved my life.
Listen to yours and learn more at
ValveDiseaseDay.org



[#ListenToYourHeart](https://www.instagram.com/ListenToYourHeart)