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