



American Heart Association.

## Hard Hats with Heart™ Maine



Construction industry workers have a higher risk of cardiovascular disease compared to other industries, based on lifestyle factors such as smoking, poor nutrition, and lack of physical activity. But the good news is 80% of heart disease and stroke is preventable. Help educate your employees about their risk factors and how to live a longer, healthier life.

### Additional participants include:

*Gorham Sand and Gravel  
Johnson & Jordan  
Landry French Construction  
Portland Builders  
Sebago Technics  
Sewall Industries  
Turner Construction  
Zachau Construction*

***Email [Lena.Minervino@Heart.org](mailto:Lena.Minervino@Heart.org) to participate in this free program.***

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