

HOLD THAT SALT

SALTY FOOD MEANS WATER
RETENTION WHICH RAISES BLOOD
PRESSURE. THIS INCREASES THE
STRAIN ON YOUR HEART AND ARTERIES.



WE HEALTHY HEARTS!

Every workplace should have fast access to an Automated External Defibrillator. AlSCO offers your business an easy-to-use and effective AED at a convenient, low monthly cost.



FREE Healthy Heart Posters: www.alscofirstaid.com.au

ALSCO.
First Aid