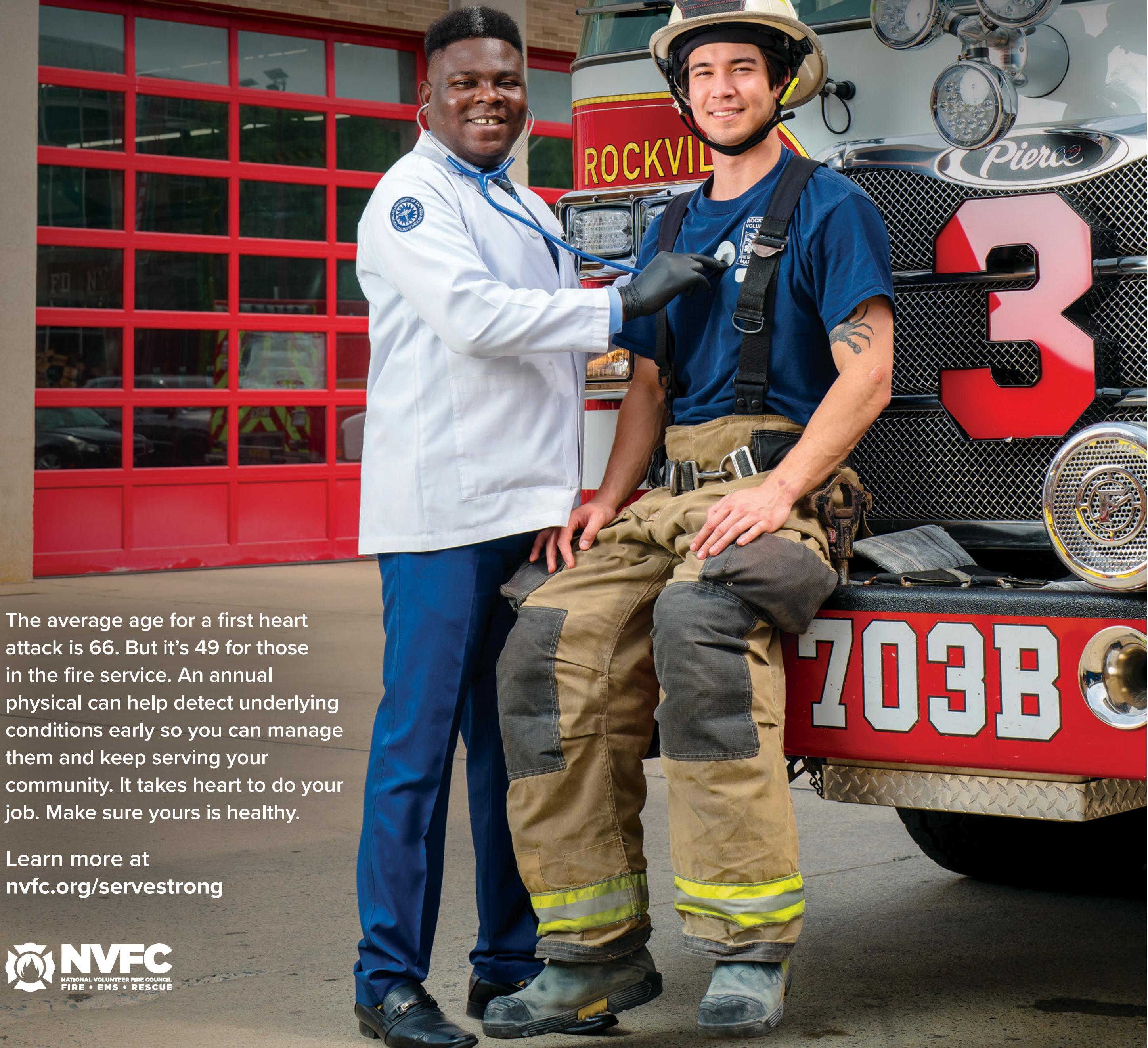


# YOU'RE THE HEARTBEAT OF THE FIREHOUSE



The average age for a first heart attack is 66. But it's 49 for those in the fire service. An annual physical can help detect underlying conditions early so you can manage them and keep serving your community. It takes heart to do your job. Make sure yours is healthy.

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