

Presented by Great Lakes Women's Business Center



## MICHIGAN WOMEN'S MARKETPLACE

Your Live and On-Demand Learning Resource

A Special Interactive Zoom Presentation

Wednesday  
**FEBRUARY 24**  
2021

12:00pm-1:30pm

presented by  
**Donulae' T.  
Knuckles, BSN, RN**  
Founder and CEO  
Love Yourself for Life  
LY4L

**Your Heart  
Is Your  
Business-  
Don't Skip  
a Beat**

### Can you recognize Life's Simple 7 Risk Factors?

February is heart health month. As a business owner, heart health impacts not only you but your business. Special MWM guest, Donulae' T. Knuckles, BSN, RN, and a heart health miracle, will share with you the American Heart Association prescription for health called Life's Simple 7, important predictors of heart health and risk. To assist you in achieving optimum heart healthy habits, Donulae' shares her 17 Tips to Love Yourself for Life. Her motto, "self-care is not selfish, it's necessary!" Don't skip a beat, practice these important principles for the health of you and your business!

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