

## **ABSTRAK**

*Heart health plays an important role for one of the gates of the body's health. By doing sports or activities in accordance with the needs of the body would be able to prevent the onset of coronary heart disease in the body. Yoga exercise is the right choice for preventing coronary heart disease. The movements of yoga can help blood circulation, help respiratory, digestive system and the muscular system. But so much better provision of information about heart health and also know the condition of the heart since the age will help us engage in activities that help health. The provision of correct information using attractive media appropriately will make the public more concerned about heart health. In this campaign will be given information and also invite the community to perform health activities through a yoga event.*

*Keywords: Coronary Heart Disease, Yoga, Event.*