



Heart disease is the leading cause of death for both men and women. In the United States, someone has a heart attack **every 40 seconds**. **Each minute**, more than one person in the United States dies from a heart disease-related event.

Take steps to reduce your risk.
Be in the Know!

Start by Knowing Your Numbers

You can't manage what you don't measure, which is why knowing your risk is critical to preventing cardiovascular disease. And knowing your risk starts with knowing your numbers.

Talk to your healthcare provider today to learn about your Blood Pressure, Cholesterol, Blood Sugar and BMI (Body Mass Index).

Your heart depends on it.

TM GO Red trademark of AHA; Information sources: www.cdc.gov and www.heart.org

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February 2nd, 2024

National Wear Red Day

to bring awareness to heart disease in women.

February 12th, 2024

Oatmeal Monday

Oats are a great source of soluble fiber, the type of fiber linked to lowering blood cholesterol. Enjoy a bowl of oatmeal for breakfast.

February 14th, 2024

Valentine's Day



Dark Chocolate with at least 70% cocoa may be good for your heart. Enjoy in moderation and share with someone you love!

February 16th, 2024

National Almond Day

Evidence suggests eating 1.5 oz. per day of most nuts, as part of a healthy diet, may reduce heart disease risk.

February 27th, 2024

National Strawberry Day

Berry consumption has been linked with improved heart health.



Enjoy berries frequently!

You can reduce your risk of Heart Disease:

- ♥ Lose weight
- ♥ Stop smoking
- ♥ Make physical activity a regular part of your day
- ♥ Manage stress levels
- ♥ Make healthy food choices
- ♥ Reduce your sodium intake
- ♥ For more info/recipes go to: www.heart.org

Resource: American Heart Association.
www.heart.org