

February

Caldwell Health Department



2018

American Heart Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 It's #AmericanHeartMonth! Find out what you can do today to lower your risk for heart disease	2 It's National Wear Red Day!	3
4	5 #DYK? Heart disease is the leading cause of death for both men and women in the U.S.	6	7 About 600,000 Americans die from heart disease every year—that's 1 of every 4 deaths.	8	9 Having high blood pressure, having high cholesterol, and smoking tobacco all increase your risk for heart disease	10
11	12	13 High blood pressure is a common cause of heart disease and stroke, so it's important to check your blood pressure.	14 	15 It's important to get your blood pressure checked regularly starting at age 18	16	17
18	19 You have the power to prevent heart disease & stroke. The first step? Talk to your doctor	20	21 Take small steps toward preventing heart disease & stroke, like eating better & exercising. Little things do add up!	22	23 Planning a grocery store trip this weekend? Pump up your heart health by choosing foods that are low in sodium (salt)	24
25	26	27	28			

For more information on Heart Disease please visit <http://www.heart.org/HEARTORG/> <https://www.goredforwomen.org/>

American Heart Month

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