

Wellness Wednesday

February is American Heart Month



Heart Health Facts:

Heart disease is the leading cause of death in the U.S., yet it's largely preventable with healthy lifestyle choices. Each week tune into Wellness Wednesdays for tips to reduce your risk of heart disease.

Tip 2- Eating more fiber-rich foods like fruits, vegetables, and whole grains can help lower cholesterol and support heart health



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HEALTH COACH

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