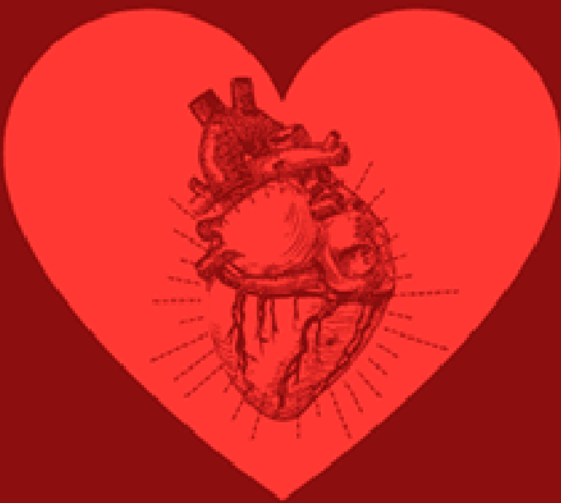




**LOVE
YOUR
HEART**

**GET
ACTIVE!**



**VISIT YOUR
PRIMARY
CARE
PROVIDER**



FEBRUARY IS
**AMERICAN
HEART
MONTH**

**EAT
WELL!**

A DIET LOW IN SALT &
SATURATED FATS



KNOW YOUR NUMBERS:

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE
- REDUCE YOUR BLOOD SUGAR



**QUIT
SMOKING!**