



HEART Month

JUST A REMINDER THAT FEBRUARY IS HEART HEALTH MONTH. **LET'S ALL CELEBRATE BY WEARING RED EVERY FRIDAY DURING THE MONTH OF FEBRUARY!!**

AMERICAN HEART MONTH

Heart disease is the leading cause of death for men and women in the US. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

*Encourage families to use spices to season their food instead of salt.

*Motivate physical activity.

*Eat Smart

*Be well, it includes getting enough sleep, managing stress, practicing mindfulness and keeping mind and body fit.



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assisted living
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