

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# FEBRUARY 2019



## AWARENESS SAVES LIVES!

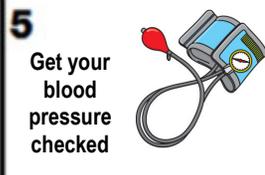
February is **AMERICAN HEART MONTH**



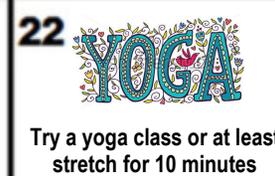
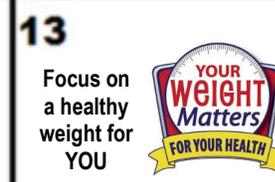
Heart disease is leading cause of death in the U.S.



**4** Learn the signs of a heart attack—Read this month's Wellness Corner Connection Newsletter



**11** Do 30 minutes of moderate activity most days this week.



**25** Avoid processed foods. Pack healthy lunches and snacks this week

