WEDNESDAY SUNDAY MONDAY **TUESDAY THURSDAY FRIDAY** SATURDAY FEBRUARY 2019 **AWARENESS SAVES LIVES!** Focus on self-care Heart disease is leading February is AMERICAN HEART MONTH cause of death in the U.S. Jiley E Turneyon Cilantro 8 Taking a walk Learn the signs of a Get your heart attack—Read nature can Parsley Marjoram Dill blood this months Wellness lower your pressure **Corner Connection** blood Potassium can help lower checked Replace salt with fresh Newsletter pressure your blood pressure or dry herbs 13 15 10 12 11 Eat red 16 vegetables Do 30 minutes of Focus on Reduce WEIGHT Matters and fruit moderate activity a healthy saturated fat by eating most days this weight for more plant-based today... FOR YOUR HEALTH Give your Valentine week. YOU try avocado in place of **Dark Chocolate** butter 19 Try to manage Stand and move stress this week. every 30-60 minutes Get at least 7 hours of Try a yoga class or at least sleep every GOOUTSIDE Practice taking a few deep niaht stretch for 10 minutes breaths to lower stress today 27 24 25 26 28 Get help to quit Avoid processed smoking... Get your cholesterol foods. Don't stop trying! checked especially if Pack healthy it's been 3 years since lunches and snacks vour last blood test this week

Healthy Heart Month