

February is all about the heart!



*Take care of your heart
& those that are close to your heart!*

Click the links below for details about:

National Heart Month - Join the American Heart Association or learn about heart attack signs/ symptoms and prevention at: <http://www.heart.org/HEARTORG/>

Teen Dating Violence Awareness Month – learn more and download the toolkit at: <https://healthfinder.gov/nho/FebruaryToolkit2.aspx>

AMD/Low Vision Awareness Month – learn more about preventing blindness at: <http://www.preventblindness.org/>