

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 at: <http://www.heart.org> or learn about heart attack signs/ symptoms and prevention at:

[http://www.heart.org/HEARTORG/Conditions/911-Warnings-Signs-of-a-Heart-Attack UCM 305346 SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/911-Warnings-Signs-of-a-Heart-Attack-UCM_305346_SubHomePage.jsp)

and heart healthy living at: <https://healthyforgood.heart.org/>

February also is:

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