

FEBRUARY 2019

American Heart Month

Your heart is one of the most important organs in your body, keeping blood pumping through your veins and assisting other organs in their functions. However, your heart is vulnerable to many risks if not taken care of properly. Cardiac arrest, high blood pressure, diabetes, stroke and high cholesterol can happen if you don't take care of your body. Replacing poor dietary habits with healthier ones, like eating fruits and vegetables and exercising, can help combat these conditions.

Heart attacks are one of the deadliest complications you can face, so it's critical you know the signs. If you or someone you know is experiencing one or more of these signs, please call 911 immediately:

- Chest discomfort
- Discomfort in other areas of your upper body (including the arms, back, neck, jaw or stomach)
- Shortness of breath
- Lightheadedness, nausea or a cold sweat

For more information on heart health and conditions, visit www.heart.org.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AMD/Low Vision Awareness Month American Heart Month International Prenatal Infection Prevention Month National Children's Dental Health Month Teen Dating Violence Awareness Month						
					1	2
3 TAKE ACTION Week 1	4	5	6	7	8	9
10 TAKE ACTION Week 2	11	12	13	14 Valentine's Day	15	16
17 TAKE ACTION Week 3	18 Presidents' Day	19	20	21	22	23
24 TAKE ACTION Week 4	25	26	27	28		

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