



February



2019

Healthy Heart Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>3</p> <p>Click Here for a Facts Sheet on How to Reduce High Blood Pressure https://www.heart.org/-/media/data-</p>	4	5	6	7	8	9
10	11	12	<p>13</p> <p>Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year!</p>	14	15	<p>16</p> 
17	18	19	20	21	22	23
24	25	26	<p>27</p> <p>https://www.heart.org/-/media/files/health-topics/answers-by-heart/ls_chol_howmonitrcbpw_2018.pdf?la=en&hash=538FFEBF83928895D0913B0913B04010A6E799A5</p>	28		<p>Centers of Disease Control and Prevention facts regarding Heart Health https://www.cdc.gov/features/heartmonth/</p>