February

Bloomfield Department of Health and Human services
Health

2018

American Heart Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 It's #AmericanHeartMonth! Find out what you can do today to lower your risk for heart disease	**2** It's National Wear Red Day!	**3**
4	**5** #DYK? Heart disease is the leading cause of death for both men and women in the U.S.	**6**	**7** About 600,000 Americans die from heart disease every year—that's 1 of every 4 deaths.	**8**	**9** Having high blood pressure, having high cholesterol, and smoking tobacco all increase your risk for heart disease	**10**
11	**12**	**13** High blood pressure is a common cause of heart disease and stroke, so it's important to check your blood pressure.	**14**	**15** It's important to get your blood pressure checked regularly starting at age 18	**16**	**17**
18	**19** You have the power to prevent heart disease & stroke. The first step? Talk to your doctor	**20**	**21** Take small steps toward preventing heart disease & stroke, like eating better & exercising. Little things do add up!	**22**	**23** Planning a grocery store trip this weekend? Pump up your heart health by choosing foods that are low in sodium (salt)	**24**
25	**26**	**27**	**28**			

For more information on Heart Disease please visit http://www.heart.org/HEARTORG/ https://www.goredforwomen.org/