

February is

# HEART AWARENESS MONTH



## LOVE YOUR HEART

**QUIT SMOKING**

**EAT HEALTHY**

**EXERCISE**

**SEE A DOCTOR**

**THE RIGHT TIME  
MIGHT BE WHILE  
YOU HAVE TIME**

**80%**

**OF HEART DISEASE  
DEATHS ARE  
PREVENTABLE**

**HEART DISEASE IS THE #1  
CAUSE OF DEATH IN THE US**