

**FEBRUARY 20, 2023**



**SAFETY**



**MONDAY**

Heart disease is the leading cause of death for both men and women in the United States. What better time to take action to lower your risk than February's American Heart Month. Use American Heart Association's "Life's Essential 8" as a guide to better monitor your hearts health.

**Get Healthy Sleep**

**Eat Better**

**Quit Tobacco**

**Be More Active**

**Control Cholesterol**

**Manage Blood Sugar**

**Manage Blood Pressure**

**Manage Weight**



For More Information Visit:  
**[www.heart.org](http://www.heart.org)**



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