HealthReach Community Health Centers

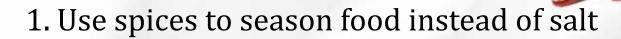


February is

American Heart Month

1 in 4 Americans die from Heart Disease...

... and it's easily preventable



- 2. Make physical activity part of your day
- 3. Eat more vegetables and whole grains
- 4. Encourage your kids to join you
- 5. Make your house smoke-free



Resource: https://www.healthfinder.gov/NHO/FebruaryToolkit.aspx

Developed by VISTA member Dave Fang serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill VISTA Partnership from the Corporation for National and Community Service.