

FEBRUARY NEWSLETTER

February is American Heart Month, a time dedicated to raising awareness about cardiovascular health and the small steps we can take to protect one of our most vital organs. Heart disease remains the leading cause of death in the United States*, but many of the risk factors—such as high blood pressure, poor diet, and lack of physical activity—are preventable. This month encourages each of us to take a closer look at our daily routines and make heart-healthy choices that support long-term well-being. Throughout February, consider incorporating [simple habits](#) that support [heart wellness](#), such as [staying active](#), choosing [nutritious foods](#), and checking in with health professionals for [routine screenings](#). Even small changes—like adding short walks to your day or reducing sodium in meals—can make a meaningful difference over time.



*aha.org

UPCOMING EVENTS

FEB 02

Guided Meditation for Aligning Heart and Mind (12pm ET) | [Register Here](#)

Journey inward to align your thoughts, feelings, and actions with your heart's intentions. Learn how to tap into the power of breath and meditation to cultivate heart coherence and inner peace.

FEB 18

High Blood Pressure (12pm ET) | [Register Here](#)

Learn about the risk factors for high blood pressure and discover simple lifestyle changes that can help you prevent or manage the condition.

SERIES

Healthy Start Series (On Demand) | [Register Here](#)

Whether you're setting new goals or simply want to feel your best, this three-part series offers practical tips and activities to support your wellness journey.