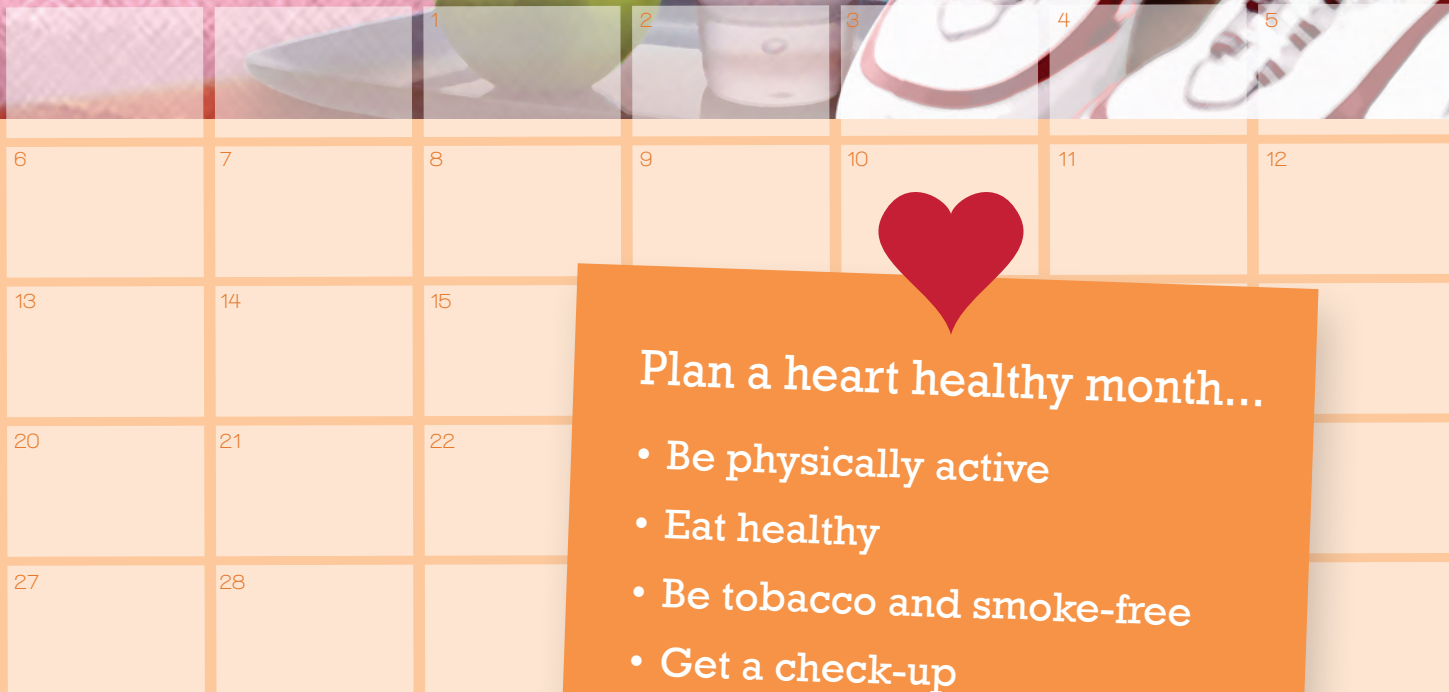


FEBRUARY

is *American Heart Month*

Make a
Date with
Your Heart.



| | | | | | | |
|----|----|----|---|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | | | | |
| 20 | 21 | 22 | | | | |
| 27 | 28 | | | | | |

Plan a heart healthy month...

- Be physically active
- Eat healthy
- Be tobacco and smoke-free
- Get a check-up

Women and Heart Disease Prevention
www.cdc.gov/women/heart/index.htm



Centers for Disease Control and Prevention
Office of Women's Health