

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	16	17	18	19
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

