

February is American **Heart** Month  
**Live Heart Smart**  
EAT HEALTHY • BE ACTIVE • BE SMOKE-FREE • GET CHECK-UPS



Help Raise Awareness  
About Heart Disease

**WEAR RED**

**The First Friday of February**



**LEARN MORE:** [www.cdc.gov/heartdisease](http://www.cdc.gov/heartdisease) or [www.cdc.gov/women/heart](http://www.cdc.gov/women/heart)