



American Heart Month February 2018



Heart disease is the leading cause of death for men and women in the United States. The good news? Heart Disease can often be prevented when people make healthy choices and manage their conditions.

During the month of February, we are partnering with Doctors Medical Center to offer **onsite Blood Pressure screenings with nurses** available to discuss your results. Additionally, DMC will be offering **educational classes on Nutrition and Stress Management** to help you make positive lifestyle changes.

Space is limited, so sign-up today!



Following is a listing of the onsite American Heart Month events. **Simply login to PeopleSoft to reserve your spot.**

Blood Pressure Screenings

| Date | Location | Room | Class Time |
|-----------------------|-------------------|-------------------------|-----------------|
| Tues. - Feb. 6, 2018 | Harvest Hall | ABC | 9:00 - 10:00 am |
| Tues. - Feb. 6, 2018 | H S A | Martin Training Room | 2:00 - 3:00 pm |
| Wed. - Feb. 7, 2018 | 10th Street Place | Lower Level Training RM | 9:00 - 10:00 am |
| Thurs. - Feb. 8, 2018 | CSA | Large Training Rm | 9:00 - 10:00 am |

Educational Classes – Nutrition and Stress Management

| Date | Location | Room | Class Time |
|-----------------------|-------------------|--|------------------|
| Tues. - Feb. 6, 2018 | Harvest Hall | ABC | 10:00 - 11:00 am |
| Tues. - Feb. 6, 2018 | H S A | Martin Training Room (Space is limited) | 3:00 - 4:00 pm |
| Wed. - Feb. 7, 2018 | 10th Street Place | Lower Level Training RM | 10:00 - 11:00 am |
| Thurs. - Feb. 8, 2018 | CSA | Large Training Rm | 10:00 - 11:00 am |



You can make healthy changes to lower your risk of developing heart disease!

Controlling and preventing risk factors is also important for people who already have heart disease. **To lower your risk:**

- Maintain a healthy weight
- Do physical activity for 30 minutes most days of the week
- Eat a diet high in fresh fruits, vegetables and lowfat dairy products
- Choose foods that are lower in salt and other forms of sodium
- If you drink, drink only in moderation
- Don't smoke
- Control your cholesterol and blood pressure
- If you are on blood pressure medicine, remember to take it!