



# 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!**

**DOCTORS**  
MEDICAL CENTER

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!