

# 7 Steps To A Healthier Heart



**Avoid  
Smoking**



**Move Your  
Body**



**Improve Your  
Diet**



**Get To A Healthy  
Weight**



**Maintain Healthy  
Cholesterol,  
Blood Pressure/Sugar**



**Lower Your Stress  
Levels**



**Practice Good Hygiene**

GO IMAGING

**Notes:**


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# February

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2 Groundhog Day	3	4	
5	6	7	8	9	10	11	
12 Superbowl Sunday	13	14 Valentine's Day	15	16	17	18	
19	20 Presidents' Day	21	22 Ash Wednesday	23	24	25	
26	27	28					

## Health Tip: *Help Others Feel Valued and Understood*

1. Don't make assumptions about people
2. Respect people's differences
3. Listen to others
4. Be open-minded
5. Be inclusive

