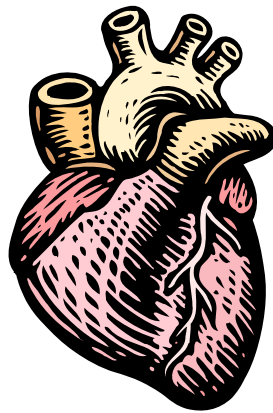


February

Healthy Heart Month



Keep your Heart Healthy

- Exercise
- Eat healthy foods
- Watch your sodium intake
- Know your cholesterol