



A Little Bit of Wellness . . .

Celebrating Healthy Heart Month



Excited. Involved.
Prepared.

How do you keep your **heart** healthy?

Let us count the ways . . .

Make HEALTHY choices

Stay FiT and be active

Have TiME for your health

Learn to MANAGE stress

Maintain a POSiTiVE outlook

Practice MiNDFULNESS

Teach yourself to RELAX