

February is Heart Health Month



Everyone is thinking about love and Valentine's Day during February. So why not look at how we can keep our hearts healthy! There are many aspects to maintaining a healthy heart. The aspects of maintaining a healthy heart include: blood pressure, cholesterol, BMI, and blood sugars. The link below will give you some information on this.

<https://www.webmdhealth.com/common/content/webmdtopic.aspx?webmdlink=/content/news/webmd/articles/102445.htm>

