

February News!



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- The groundhog is here to tell you all Great News! It's February, and February is the month where many a folk get all mushy and happy.....Do you have a happy heart? Do you have someone in your circle of life that may not have a very happy heart?
- February is "Groundhog's Day" , where that little goof comes out and does not see his own shadow no matter if the sun is shining or not! Don't pack those snuggies away too soon or o'l man winter will get ya over the next six weeks!
- February is National Heart Month.....what are you doing to take the best care of your heart that you can....it has been said that you can't live without a liver.....well I would be willing to guess that you would be doing a whole lot less than you are today without a heart as well!



Increase the Health of Your Heart!



- Fiber
 - 10 grams of fiber from fruits and vegetables per day may reduce risk of health disease by as much as one-third
- Potassium
 - Helps control high blood pressure – have you had yours checked lately?
- Vitamin C
 - Helps prevent hardening of the arteries
- Folate & B6
 - Helps reduce damage and blockage to the arteries
- Antioxidants
 - Helps reduce cholesterol build-up on the artery walls

Go Ahead! Shoot for that Happy / Healthy Heart!

- Fill your plate half full of fruits and vegetables at each meal

