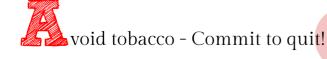
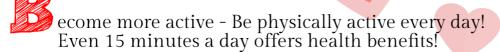


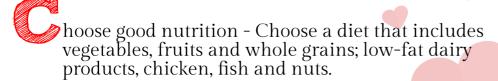
## February 2016 — Heart Health Month

Be a Valentine and take care of your heart!

## It's as easy as A, B, C,!







Be an advocate for a healthy lifestyle! Get up! Get involved in improving your health and the health of your family! Support a friend!

Go for a walk! You can do it almost anywhere, and it's a snap to get started: Just put one foot in front of the other. You can walk around your neighborhood, on a school track, or through a nature trail. If the weather is bad, try walking in a mall.









## Learn CPR

Heart Disease is the No. 1 cause of death in the US. Equip yourself with the skills to save a friend or family member. Interested in a CPR course? Contact Julie Ghent, AHA, CTC Coordinator at jughent@comporium.net

## Author Highlight

Cheri C. Plyler, MBA Director Mid-Carolina AHEC, Inc. American Heart Association Training Center 1824 Hwy. Bypass #9 Lancaster, SC 29720 803-286-4121



Executive Director: Karen Nichols Website: UMRHN.ORG Phone: 803.377.8027

**Created By: Jarrod Bullard, MPA**