American Heart Month

Practice Some Heart Healthy Habits:

1. Avoid smoking and use of tobacco products: Using ANY tobacco product damages nearly EVERY organ in your body and can cause heart disease and cancer.
2. Be physically active to the best of your abilities: Regular physical activity keeps your heart healthy and strong and it helps you build healthy muscles, bones and joints.
3. Eat a heart healthy diet: Eating healthy foods is one of the most important ways to keep your heart working at its best.
4. Maintain a Healthy Weight: Keeping a healthy weight is best achieved over time and with a decision to keep yourself healthy.
5. Keep track of your blood pressure: People with high blood pressure are more likely to have a heart attack or stroke than people with normal blood pressure.
6. Try to maintain an overall healthy cholesterol level: High cholesterol leads to many health issues in life, keeping it at a healthy level can help prevent a lot of possible heart conditions.

All information credited to: www.heart.org

Important Dates:

Blood Screening: Wednesday, February 13
Interprofessional Clinic, LLHS
7:15AM – 8:15AM

Blood Drive: Friday, February 15
Linville Falls Room, PSU
10:00AM – 2:30PM

Spring Hours of Operation
Monday – Thursday: 7:30AM – 6:00PM
Friday: 7:30AM – 3:00PM