



# American **Heart** Month

F E B R U A R Y



CHELAN COUNTY  
**POWER**

[www.chelanpud.org](http://www.chelanpud.org)

# Live To The Beat

- Find what works for you
- YOU'RE IN CHARGE
- Your heart is your powerhouse
- Prevent cardiovascular disease on your terms



**Black adults  
are 2X as likely**

as White adults to  
die from preventable  
heart disease.

[cdc.gov/heartmonth](https://cdc.gov/heartmonth)



# Take Small Steps



- Move More
- Eat Healthy
- Control Blood Pressure
- Manage Cholesterol
- Work With Your Doctor
- Manage Blood Sugar
- Stress Less
- Quit Smoking

# Thank You!

Additional Resources:

[cdc.gov/heartmonth](https://cdc.gov/heartmonth)

[millionhearts.hhs.gov/livetothebeat](https://millionhearts.hhs.gov/livetothebeat)

Take charge of your heart health starting today!

Questions/Comments