

FEBRUARY 2025

American Heart Month

Heart disease is the leading cause of death in the United States, according to the U.S. Centers for Disease Control and Prevention (CDC). Cardiovascular disease and the conditions that lead to it can happen at any age. Some types of heart disease include arrhythmia, heart failure, heart attack and stroke.

February is American Heart Month, a good time to check your cardiovascular health. Even though heart disease can be deadly for adults, it's also preventable in most people. Risk factors include high blood pressure, high cholesterol, smoking, obesity, an unhealthy diet and physical inactivity.

Contact us for more information about heart health and early warning signs.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
American Heart Month National Children's Dental Health Month Teen Dating Violence Awareness Month						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Presidents Day	18	19	20	21	22
23	24	25	26	27	28 Ramadan Begins	

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